USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Manganese, Mn (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: November 03, 2015 04:02 EST

NDB_No	Description	Manganese, Mn(mg) Value Per
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	328.00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	299.00
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	269.10
14353	Beverages, tea, instant, decaffeinated, unsweetened	133.00
14366	Beverages, tea, instant, unsweetened, powder	133.00
14654	Beverages, nutritional shake mix, high protein, powder	125.00
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	77.00
02011	Spices, cloves, ground	60.13
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	55.00
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	51.50
02021	Spices, ginger, ground	33.30
14368	Beverages, tea, instant, lemon, unsweetened	30.67
14356	Beverages, tea, instant, decaffeinated, lemon, diet	30.37
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	30.37
02037	Spices, saffron	28.41
02006	Spices, cardamom	28.00
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	21.31
08084	Cereals ready-to-eat, wheat germ, toasted, plain	19.96
02043	Spices, turmeric, ground	19.80
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	19.08
02010	Spices, cinnamon, ground	17.47
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	17.38
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	15.88
02035	Spices, pumpkin pie spice	15.84
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	14.77
20060	Rice bran, crude	14.21
20078	Wheat germ, crude	13.30
02030	Spices, pepper, black	12.75
12121	Nuts, hazelnuts or filberts, blanched	12.65

NDB_No	Description	Manganese, Mn(mg) Value Per
20077	Wheat bran, crude	11.50
02066	Spearmint, dried	11.48
02029	Spices, parsley, dried	9.81
02003	Spices, basil, dried	9.80
20142	Teff, uncooked	9.24
12147	Nuts, pine nuts, dried	8.80
02015	Spices, curry powder	8.30
02004	Spices, bay leaf	8.17
02041	Spices, tarragon, dried	7.97
12140	Nuts, formulated, wheat-based, unflavored, with salt added	7.92
02042	Spices, thyme, dried	7.87
12012	Seeds, hemp seed, hulled	7.60
35233	Hazelnuts, beaked (Northern Plains Indians)	7.60
02007	Spices, celery seed	7.57
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	7.41
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	6.95
02034	Spices, poultry seasoning	6.86
15165	Mollusks, mussel, blue, cooked, moist heat	6.80
02033	Spices, poppy seed	6.71
11985	Fireweed, leaves, raw	6.70
12084	Nuts, butternuts, dried	6.56
02018	Spices, fennel seed	6.53
02012	Spices, coriander leaf, dried	6.36
19052	Snacks, rice cakes, brown rice, buckwheat	6.18
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	6.18
12120	Nuts, hazelnuts or filberts	6.18
02039	Spices, savory, ground	6.10
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	6.07
20063	Rye flour, dark	6.06
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.88
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	5.79
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	5.70
20033	Oat bran, raw	5.63
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	5.55
02023	Spices, marjoram, dried	5.43
18226	Crackers, rye, wafers, plain	5.37

NDB_No	Description	Manganese, Mn(mg) Value Per
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	5.30
08142	Cereals, WHEATENA, dry	5.26
11972	Lemon grass (citronella), raw	5.22
19414	Snacks, rice cakes, brown rice, multigrain	5.22
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	5.22
19413	Snacks, rice cakes, brown rice, corn	5.08
02027	Spices, oregano, dried	4.99
20038	Oats	4.92
16099	Peanut flour, defatted	4.90
12130	Nuts, hickorynuts, dried	4.61
12014	Seeds, pumpkin and squash seed kernels, dried	4.54
12142	Nuts, pecans	4.50
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	4.49
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	4.49
19340	Sugars, maple	4.42
20073	Wheat, soft red winter	4.39
12149	Nuts, pine nuts, pinyon, dried	4.33
02032	Spices, pepper, white	4.30
08402	Cereals, QUAKER, Quick Oats, Dry	4.30
19053	Snacks, rice cakes, brown rice, sesame seed	4.30
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	4.30
16100	Peanut flour, low fat	4.23
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	4.20
16121	Soy protein concentrate, produced by alcohol extraction	4.19
16420	Soy protein concentrate, produced by acid wash	4.19
20070	Triticale flour, whole-grain	4.18
19078	Baking chocolate, unsweetened, squares	4.17
12131	Nuts, macadamia nuts, raw	4.13
20080	Wheat flour, whole-grain	4.07
20071	Wheat, hard red spring	4.06
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	4.06
20132	Oat flour, partially debranned	4.02
20090	Rice flour, brown	4.01
08037	Cereals ready-to-eat, granola, homemade	4.00
20072	Wheat, hard red winter	3.98
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	3.96

NDB_No	Description	Manganese, Mn(mg) Value Per
02017	Spices, dill weed, dried	3.95
12143	Nuts, pecans, dry roasted, without salt added	3.93
12643	Nuts, pecans, dry roasted, with salt added	3.93
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	3.92
03189	Babyfood, cereal, oatmeal, dry fortified	3.90
12154	Nuts, walnuts, black, dried	3.90
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	3.85
20105	Macaroni, vegetable, enriched, dry	3.85
19165	Cocoa, dry powder, unsweetened	3.84
20074	Wheat, hard white	3.82
16119	Soy meal, defatted, raw	3.80
20040	Rice, brown, medium-grain, raw	3.74
19166	Cocoa, dry powder, unsweetened, processed with alkali	3.74
19051	Snacks, rice cracker brown rice, plain	3.73
19816	Snacks, rice cakes, brown rice, plain, unsalted	3.73
25059	Snacks, brown rice chips	3.73
16135	Winged beans, mature seeds, raw	3.72
12175	Nuts, chestnuts, japanese, dried	3.71
12144	Nuts, pecans, oil roasted, without salt added	3.70
12644	Nuts, pecans, oil roasted, with salt added	3.70
16128	Tofu, dried-frozen (koyadofu)	3.69
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	3.69
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	3.66
08120	Cereals, oats, regular and quick, not fortified, dry	3.63
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	3.61
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	3.55
18219	Crackers, matzo, whole-wheat	3.50
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	3.47
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	3.47
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	3.45
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	3.44
12155	Nuts, walnuts, english	3.41
25045	Formulated bar, high fiber, chewy, oats and chocolate	3.41
20075	Wheat, soft white	3.41
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	3.40
15164	Mollusks, mussel, blue, raw	3.40

NDB_No	Description	Manganese, Mn(mg) Value Per
08122	Cereals, oats, instant, fortified, plain, dry	3.38
02014	Spices, cumin seed	3.33
20001	Amaranth grain, uncooked	3.33
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	3.24
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	3.23
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	3.21
20069	Triticale	3.21
08144	Cereals, whole wheat hot natural cereal, dry	3.20
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	3.20
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	3.17
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	3.15
16118	Soy flour, low-fat	3.15
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	3.14
02038	Spices, sage, ground	3.13
11984	Epazote, raw	3.10
20012	Bulgur, dry	3.05
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	3.04
12132	Nuts, macadamia nuts, dry roasted, without salt added	3.04
12632	Nuts, macadamia nuts, dry roasted, with salt added	3.04
16117	Soy flour, defatted	3.02
20076	Wheat, durum	3.01
20124	Pasta, whole-wheat, dry	2.98
20140	Spelt, uncooked	2.98
19416	Snacks, rice cakes, brown rice, rye	2.98
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	2.98
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	2.96
14548	Beverages, tea, instant, lemon, with added ascorbic acid	2.96
02001	Spices, allspice, ground	2.94
19353	Syrups, maple	2.91
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	2.90
02025	Spices, nutmeg, ground	2.90
09053	Blueberries, wild, frozen	2.87
20143	Teff, cooked	2.86
11974	Grape leaves, raw	2.86
20036	Rice, brown, long-grain, raw	2.85
12114	Nuts, coconut meat, dried (desiccated), toasted	2.80

NDB_No	Description	Manganese, Mn(mg) Value Per
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	2.80
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	2.79
08393	Cereals ready-to-eat, KASHI GOLEAN	2.79
12177	Nuts, coconut meat, dried (desiccated), creamed	2.78
12108	Nuts, coconut meat, dried (desiccated), not sweetened	2.74
20138	Wheat, KAMUT khorasan, uncooked	2.74
12006	Seeds, chia seeds, dried	2.72
08074	Cereals ready-to-eat, RALSTON TASTEEOS	2.70
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	2.68
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	2.68
18284	Muffins, wheat bran, dry mix	2.67
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	2.66
20126	Spaghetti, spinach, dry	2.64
16091	Peanuts, spanish, raw	2.64
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	2.63
18283	Muffins, oat bran	2.63
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	2.61
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	2.61
12094	Nuts, chestnuts, chinese, dried	2.60
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	2.59
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	2.58
20062	Rye grain	2.58
18076	Bread, whole-wheat, commercially prepared, toasted	2.54
12169	Seeds, sesame butter, paste	2.54
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	2.52
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	2.52
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.52
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	2.52
16108	Soybeans, mature seeds, raw	2.52
12024	Seeds, sesame seeds, whole, roasted and toasted	2.50
12220	Seeds, flaxseed	2.48
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	2.48
18216	Crackers, crispbread, rye	2.48
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	2.47
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	2.47
12023	Seeds, sesame seeds, whole, dried	2.46

NDB_No	Description	Manganese, Mn(mg) Value Per
12065	Nuts, almonds, oil roasted, without salt added	2.46
12565	Nuts, almonds, oil roasted, with salt added	2.46
12665	Nuts, almonds, oil roasted, lightly salted	2.46
28345	Crackers, gluten-free, multi-seeded and multigrain	2.45
02024	Spices, mustard seed, ground	2.45
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	2.45
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	2.42
20064	Rye flour, medium	2.41
16076	Lupins, mature seeds, raw	2.38
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	2.38
18227	Crackers, rye, wafers, seasoned	2.37
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	2.36
16092	Peanuts, spanish, oil-roasted, with salt	2.36
16392	Peanuts, spanish, oil-roasted, without salt	2.36
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	2.33
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	2.32
12013	Seeds, lotus seeds, dried	2.32
12145	Nuts, pilinuts, dried	2.31
28313	Rolls, hamburger or hot dog, whole wheat	2.31
02002	Spices, anise seed	2.30
09353	Blueberries, wild, canned, heavy syrup, drained	2.30
19911	Syrup, maple, Canadian	2.30
18348	Rolls, dinner, whole-wheat	2.30
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	2.30
18949	Crackers, whole-wheat, reduced fat	2.28
16115	Soy flour, full-fat, raw	2.28
12011	Seeds, cottonseed meal, partially defatted (glandless)	2.26
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	2.25
18429	Crackers, whole-wheat, low salt	2.25
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	2.24
18299	Pancakes, whole-wheat, dry mix, incomplete	2.24
12063	Nuts, almonds, dry roasted, without salt added	2.23
12563	Nuts, almonds, dry roasted, with salt added	2.23
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	2.22
18036	Bread, multi-grain, toasted (includes whole-grain)	2.20
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	2.19

NDB_No	Description	Manganese, Mn(mg) Value Per
16111	Soybeans, mature seeds, dry roasted	2.18
12160	Seeds, cottonseed kernels, roasted (glandless)	2.18
12061	Nuts, almonds	2.18
18075	Bread, whole-wheat, commercially prepared	2.17
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	2.17
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	2.17
16110	Soybeans, mature seeds, roasted, salted	2.16
16410	Soybeans, mature seeds, roasted, no salt added	2.16
18235	Crackers, whole-wheat	2.15
25051	Snacks, CLIF BAR, mixed flavors	2.15
12007	Seeds, cottonseed flour, partially defatted (glandless)	2.14
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	2.14
12195	Nuts, almond butter, plain, without salt added	2.13
12695	Nuts, almond butter, plain, with salt added	2.13
12008	Seeds, cottonseed flour, low fat (glandless)	2.13
18950	Crackers, wheat, reduced fat	2.13
12039	Seeds, sunflower seed kernels, toasted, without salt	2.11
12539	Seeds, sunflower seed kernels, toasted, with salt added	2.11
12037	Seeds, sunflower seed kernels, dry roasted, without salt	2.11
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	2.11
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	2.11
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	2.11
02008	Spices, chervil, dried	2.10
12038	Seeds, sunflower seed kernels, oil roasted, without salt	2.08
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	2.08
16116	Soy flour, full-fat, roasted	2.08
12040	Seeds, sunflower seed butter, without salt	2.07
12540	Seeds, sunflower seed butter, with salt added	2.07
18078	Bread, whole-wheat, prepared from recipe, toasted	2.07
12204	Nuts, chestnuts, japanese, roasted	2.06
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	2.04
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	2.04
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	2.04
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	2.04
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	2.04
25025	Snacks, soy chips or crisps, salted	2.04

NDB_No	Description	Manganese, Mn(mg) Value Per
20035	Quinoa, uncooked	2.03
20011	Buckwheat flour, whole-groat	2.03
28397	Bread, multi-grain (includes whole-grain)	2.02
12021	Seeds, safflower seed kernels, dried	2.01
16096	Peanuts, virginia, oil-roasted, with salt	2.01
16396	Peanuts, virginia, oil-roasted, without salt	2.01
12206	Nuts, almonds, honey roasted, unblanched	2.00
02031	Spices, pepper, red or cayenne	2.00
21337	McDONALD'S, Peanuts (for Sundaes)	2.00
12022	Seeds, safflower seed meal, partially defatted	2.00
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	1.98
16093	Peanuts, valencia, raw	1.98
16149	Peanut spread, reduced sugar	1.98
12041	Seeds, sunflower seed flour, partially defatted	1.98
09129	Grapes, muscadine, raw	1.97
25062	Snack, Mixed Berry Bar	1.96
11988	Fungi, Cloud ears, dried	1.95
12036	Seeds, sunflower seed kernels, dried	1.95
19904	Chocolate, dark, 70-85% cacao solids	1.95
18267	English muffins, whole-wheat, toasted	1.95
20004	Barley, hulled	1.94
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	1.94
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	1.94
16087	Peanuts, all types, raw	1.93
43441	Rolls, pumpernickel	1.91
02013	Spices, coriander seed	1.90
11667	Seaweed, spirulina, dried	1.90
11634	Peppers, sweet, green, freeze-dried	1.90
11931	Peppers, sweet, red, freeze-dried	1.90
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	1.90
18077	Bread, whole-wheat, prepared from recipe	1.88
02036	Spices, rosemary, dried	1.87
20087	Wheat, sprouted	1.86
16399	Peanut butter with omega-3, creamy	1.85
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	1.85
11955	Tomatoes, sun-dried	1.85

NDB_No	Description	Manganese, Mn(mg) Value Per
16089	Peanuts, all types, oil-roasted, with salt	1.84
16389	Peanuts, all types, oil-roasted, without salt	1.84
12062	Nuts, almonds, blanched	1.84
02016	Spices, dill seed	1.83
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	1.83
16078	Mothbeans, mature seeds, raw	1.82
35234	Piki bread, made from blue cornmeal (Hopi)	1.82
19419	Snacks, corn cakes	1.82
19800	Snacks, corn cakes, very low sodium	1.82
16097	Peanut butter, chunk style, with salt	1.80
16397	Peanut butter, chunk style, without salt	1.80
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	1.80
16049	Beans, white, mature seeds, raw	1.80
16101	Pigeon peas (red gram), mature seeds, raw	1.79
18266	English muffins, whole-wheat	1.79
28322	Bagels, multigrain	1.79
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	1.79
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	1.79
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	1.79
16090	Peanuts, all types, dry-roasted, with salt	1.79
16390	Peanuts, all types, dry-roasted, without salt	1.79
18428	Crackers, wheat, low salt	1.78
19015	Snacks, granola bars, hard, plain	1.78
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	1.77
08157	Cereals ready-to-eat, wheat, puffed, fortified	1.76
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	1.75
12060	Nuts, acorn flour, full fat	1.74
18042	Bread, pita, whole-wheat	1.74
16001	Beans, adzuki, mature seeds, raw	1.73
16094	Peanuts, valencia, oil-roasted, with salt	1.72
16394	Peanuts, valencia, oil-roasted, without salt	1.72
02049	Thyme, fresh	1.72
16144	Lentils, pink or red, raw	1.72
14203	Beverages, coffee, instant, regular, half the caffeine	1.71
14214	Beverages, coffee, instant, regular, powder	1.71
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	1.71

NDB_No	Description	Manganese, Mn(mg) Value Per
12096	Nuts, chestnuts, chinese, roasted	1.71
02009	Spices, chili powder	1.70
16095	Peanuts, virginia, raw	1.70
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	1.69
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	1.69
16074	Lima beans, thin seeded (baby), mature seeds, raw	1.69
19216	Candies, praline, prepared-from-recipe	1.68
25036	Snacks, granola bites, mixed flavors	1.68
11215	Garlic, raw	1.67
16071	Lima beans, large, mature seeds, raw	1.67
12086	Nuts, cashew nuts, oil roasted, without salt added	1.67
12586	Nuts, cashew nuts, oil roasted, with salt added	1.67
18066	Bread, wheat bran	1.67
16098	Peanut butter, smooth style, with salt	1.66
16398	Peanut butter, smooth style, without salt	1.66
14056	Beverages, Acai berry drink, fortified	1.66
18295	Pancakes, buckwheat, dry mix, incomplete	1.66
12087	Nuts, cashew nuts, raw	1.66
19077	Baking chocolate, unsweetened, liquid	1.65
20031	Millet, raw	1.63
16052	Broadbeans (fava beans), mature seeds, raw	1.63
20009	Buckwheat groats, roasted, dry	1.62
12174	Seeds, watermelon seed kernels, dried	1.61
25017	Formulated bar, POWER BAR, chocolate	1.61
19154	Candies, sesame crunch	1.61
20067	Sorghum grain	1.60
12093	Nuts, chestnuts, chinese, raw	1.60
19403	Snacks, crisped rice bar, almond	1.60
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	1.60
08580	Incaparina, dry mix (corn and soy flours), unprepared	1.60
16157	Chickpea flour (besan)	1.60
09429	Pineapple, raw, traditional varieties	1.59
12202	Nuts, chestnuts, japanese, raw	1.59
02028	Spices, paprika	1.59
16133	Yardlong beans, mature seeds, raw	1.59
18059	Bread, rice bran	1.58

NDB_No	Description	Manganese, Mn(mg) Value Per
11982	Peppers, pasilla, dried	1.58
16067	Hyacinth beans, mature seeds, raw	1.57
35197	Lambsquarters, steamed (Northern Plains Indians)	1.56
19400	Snacks, banana chips	1.56
18172	Cookies, gingersnaps	1.56
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	1.55
18232	Crackers, wheat, regular	1.55
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	1.55
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	1.55
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	1.55
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	1.55
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	1.54
16060	Cowpeas, catjang, mature seeds, raw	1.54
19020	Snacks, granola bars, soft, uncoated, plain	1.53
19304	Molasses	1.53
19355	Syrups, sorghum	1.53
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	1.53
16113	Natto	1.53
16083	Mungo beans, mature seeds, raw	1.53
18384	Bread, rice bran, toasted	1.52
12193	Seeds, sisymbrium sp. seeds, whole, dried	1.51
19017	Snacks, granola bars, hard, chocolate chip	1.51
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	1.51
20127	Spaghetti, spinach, cooked	1.50
02022	Spices, mace, ground	1.50
08156	Cereals ready-to-eat, rice, puffed, fortified	1.50
12104	Nuts, coconut meat, raw	1.50
16129	Tofu, fried	1.50
16429	Tofu, fried, prepared with calcium sulfate	1.50
18966	Crackers, saltines, whole wheat (includes multi-grain)	1.49
16122	Soy protein isolate	1.49
16422	Soy protein isolate, potassium type	1.49
35196	Lambsquarters, raw (Northern Plains Indians)	1.49
12170	Seeds, sesame flour, high-fat	1.49
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	1.48
16150	Peanut butter, smooth, reduced fat	1.48

NDB_No	Description	Manganese, Mn(mg) Value Per
18043	Bread, protein (includes gluten)	1.47
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	1.46
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	1.46
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	1.46
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	1.44
12201	Seeds, sesame seed kernels, dried (decorticated)	1.44
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.44
18045	Bread, pumpernickel, toasted	1.43
18968	Bagels, wheat	1.43
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	1.43
12034	Seeds, sesame meal, partially defatted	1.43
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	1.43
16024	Beans, great northern, mature seeds, raw	1.42
19902	Chocolate, dark, 45- 59% cacao solids	1.42
16037	Beans, navy, mature seeds, raw	1.42
11640	Shallots, freeze-dried	1.42
14370	Beverages, tea, instant, lemon, sweetened, powder	1.41
08546	Rice and Wheat cereal bar	1.41
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	1.40
12032	Seeds, sesame flour, partially defatted	1.40
03194	Babyfood, cereal, rice, dry fortified	1.40
11669	Seaweed, wakame, raw	1.40
19021	Snacks, granola bars, soft, uncoated, peanut butter	1.40
19086	Candies, confectioner's coating, peanut butter	1.40
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	1.40
12033	Seeds, sesame flour, low-fat	1.40
11961	Hearts of palm, canned	1.39
16069	Lentils, raw	1.39
09264	Persimmons, japanese, dried	1.39
11284	Onions, dehydrated flakes	1.39
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	1.39
18065	Bread, wheat, toasted	1.38
16040	Beans, pink, mature seeds, raw	1.38
18025	Bread, cracked-wheat	1.37
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	1.37
19016	Snacks, granola bars, hard, almond	1.36

NDB_No	Description	Manganese, Mn(mg) Value Per
12059	Nuts, acorns, dried	1.36
16167	USDA Commodity, Peanut Butter, smooth	1.36
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	1.36
11615	Chives, freeze-dried	1.35
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	1.35
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	1.35
25012	Snacks, sweet potato chips, unsalted	1.35
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	1.35
12077	Nuts, beechnuts, dried	1.34
11366	Potatoes, boiled, cooked in skin, skin, without salt	1.34
11625	Parsley, freeze-dried	1.34
11832	Potatoes, boiled, cooked in skin, skin, with salt	1.34
12058	Nuts, acorns, raw	1.34
20088	Wild rice, raw	1.33
19903	Chocolate, dark, 60-69% cacao solids	1.32
20005	Barley, pearled, raw	1.32
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	1.32
20125	Pasta, whole-wheat, cooked	1.32
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	1.31
18044	Bread, pumpernickel	1.30
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	1.30
02005	Spices, caraway seed	1.30
02026	Spices, onion powder	1.30
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	1.30
12099	Nuts, chestnuts, european, dried, unpeeled	1.30
16114	Tempeh	1.30
20008	Buckwheat	1.30
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	1.30
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	1.30
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	1.30
20114	Noodles, japanese, soba, dry	1.29
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	1.29
16047	Beans, yellow, mature seeds, raw	1.29
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	1.28
11978	Peppers, ancho, dried	1.28
16045	Beans, small white, mature seeds, raw	1.28

NDB_No	Description	Manganese, Mn(mg) Value Per
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	1.28
19031	Snacks, oriental mix, rice-based	1.27
02045	Dill weed, fresh	1.26
19404	Snacks, granola bars, soft, uncoated, chocolate chip	1.26
19022	Snacks, granola bars, soft, uncoated, raisin	1.26
18385	Bread, wheat germ, toasted	1.26
20648	Sorghum flour, whole-grain	1.26
18177	Cookies, molasses	1.26
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	1.25
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	1.25
28306	Bread, chapati or roti, plain, commercially prepared	1.25
09167	Loganberries, frozen	1.25
12152	Nuts, pistachio nuts, dry roasted, without salt added	1.24
12652	Nuts, pistachio nuts, dry roasted, with salt added	1.24
19147	Candies, peanut bar	1.24
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	1.23
18180	Cookies, oatmeal, dry mix	1.23
02019	Spices, fenugreek seed	1.23
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	1.23
09048	Blackberries, frozen, unsweetened	1.22
12078	Nuts, brazilnuts, dried, unblanched	1.22
14218	Beverages, coffee, instant, decaffeinated, powder	1.22
15231	Mollusks, oyster, Pacific, cooked, moist heat	1.22
16085	Peas, green, split, mature seeds, raw	1.22
11031	Lima beans, immature seeds, raw	1.22
18055	Bread, reduced-calorie, wheat	1.21
19367	Toppings, nuts in syrup	1.21
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	1.20
12151	Nuts, pistachio nuts, raw	1.20
14222	Beverages, coffee, instant, with chicory	1.20
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	1.20
16022	Beans, french, mature seeds, raw	1.20
19406	Snacks, granola bars, soft, uncoated, nut and raisin	1.20
20061	Rice flour, white, unenriched	1.20
16136	Winged beans, mature seeds, cooked, boiled, without salt	1.20
16436	Winged beans, mature seeds, cooked, boiled, with salt	1.20

NDB_No	Description	Manganese, Mn(mg) Value Per
20131	Barley malt flour	1.19
12100	Nuts, chestnuts, european, dried, peeled	1.18
16426	Tofu, raw, firm, prepared with calcium sulfate	1.18
12167	Nuts, chestnuts, european, roasted	1.18
18064	Bread, wheat	1.18
43128	Chicken, meatless	1.18
02064	Peppermint, fresh	1.18
11268	Mushrooms, shiitake, dried	1.18
16132	Tofu, salted and fermented (fuyu)	1.17
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	1.17
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	1.16
20065	Rye flour, light	1.16
14058	Beverages, Whey protein powder isolate	1.16
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	1.16
11230	Pepeao, dried	1.15
02044	Basil, fresh	1.15
16042	Beans, pinto, mature seeds, raw	1.15
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	1.14
20651	Rice, brown, parboiled, cooked, UNCLE BENS	1.14
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	1.14
11237	Kanpyo, (dried gourd strips)	1.14
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	1.13
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	1.13
18220	Crackers, melba toast, plain	1.13
18424	Crackers, melba toast, plain, without salt	1.13
09267	Pineapple, canned, water pack, solids and liquids	1.12
09268	Pineapple, canned, juice pack, solids and liquids	1.12
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	1.12
19858	Candies, sugar-coated almonds	1.12
18265	English muffins, wheat, toasted	1.12
02065	Spearmint, fresh	1.12
11683	Carrot, dehydrated	1.12
19034	Snacks, popcorn, air-popped	1.11
16032	Beans, kidney, red, mature seeds, raw	1.11
16035	Beans, kidney, royal red, mature seeds, raw	1.11
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	1.11

NDB_No	Description	Manganese, Mn(mg) Value Per
18049	Bread, reduced-calorie, oat bran	1.10
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	1.10
08025	Cereals ready-to-eat, RALSTON CRISP RICE	1.10
14236	Beverages, coffee substitute, cereal grain beverage, powder	1.10
19151	Candies, REESE'S PIECES Candy	1.10
20050	Rice, white, medium-grain, raw, enriched	1.10
20450	Rice, white, medium-grain, raw, unenriched	1.10
09269	Pineapple, canned, light syrup pack, solids and liquids	1.10
12095	Nuts, chestnuts, chinese, boiled and steamed	1.10
20041	Rice, brown, medium-grain, cooked	1.10
11618	Eppaw, raw	1.09
15219	Fish, trout, mixed species, cooked, dry heat	1.09
20141	Spelt, cooked	1.09
20044	Rice, white, long-grain, regular, raw, enriched	1.09
20444	Rice, white, long-grain, regular, raw, unenriched	1.09
25000	Snacks, popcorn, microwave, 94% fat free	1.08
18233	Crackers, wheat, sandwich, with cheese filling	1.08
09270	Pineapple, canned, heavy syrup pack, solids and liquids	1.08
19913	Candies, NESTLE, BUTTERFINGER Crisp	1.08
07057	Pepperoni, beef and pork, sliced	1.07
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	1.07
18222	Crackers, melba toast, wheat	1.06
11222	Drumstick leaves, raw	1.06
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	1.06
09272	Pineapple, frozen, chunks, sweetened	1.06
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	1.06
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.06
18377	Cookies, oatmeal, prepared from recipe, without raisins	1.06
16014	Beans, black, mature seeds, raw	1.06
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	1.06
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	1.06
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	1.06
28286	Bread, paratha, whole wheat, commercially prepared, frozen	1.05
16160	Tofu, hard, prepared with nigari	1.05
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	1.05
20052	Rice, white, short-grain, enriched, uncooked	1.04

NDB_No	Description	Manganese, Mn(mg) Value Per
20452	Rice, white, short-grain, raw, unenriched	1.04
16080	Mung beans, mature seeds, raw	1.04
20046	Rice, white, long-grain, parboiled, enriched, dry	1.04
20446	Rice, white, long-grain, parboiled, unenriched, dry	1.04
19059	Snacks, trail mix, regular	1.03
19821	Snacks, trail mix, regular, unsalted	1.03
20130	Barley flour or meal	1.03
08100	Cereals, CREAM OF RICE, dry	1.03
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	1.03
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	1.03
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	1.03
20139	Wheat, KAMUT khorasan, cooked	1.03
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	1.03
15204	Fish, pike, walleye, cooked, dry heat	1.03
11212	Edamame, frozen, prepared	1.02
16088	Peanuts, all types, cooked, boiled, with salt	1.02
18347	Rolls, dinner, wheat	1.02
18040	Bread, oatmeal, toasted	1.02
16027	Beans, kidney, all types, mature seeds, raw	1.02
18021	Bread, boston brown, canned	1.02
20111	Noodles, egg, spinach, enriched, dry	1.02
35203	Rose Hips, wild (Northern Plains Indians)	1.02
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	1.02
16123	Soy sauce made from soy and wheat (shoyu)	1.02
18351	Rolls, hamburger or hotdog, mixed-grain	1.02
19047	Snacks, pretzels, hard, plain, salted	1.02
11211	Edamame, frozen, unprepared	1.01
16424	Soy sauce made from soy and wheat (shoyu), low sodium	1.01
22998	Rice and vermicelli mix, chicken flavor, unprepared	1.01
18050	Bread, reduced-calorie, oat bran, toasted	1.01
20647	Millet flour	1.00
18264	English muffins, wheat	1.00
15159	Mollusks, clam, mixed species, cooked, moist heat	1.00
16016	Beans, black turtle, mature seeds, raw	1.00
16030	Beans, kidney, california red, mature seeds, raw	1.00
20082	Wheat flour, white, all-purpose, self-rising, enriched	1.00

NDB_No	Description	Manganese, Mn(mg) Value Per
19010	Snacks, crisped rice bar, chocolate chip	1.00
11446	Seaweed, laver, raw	0.99
11514	Sweet potato, canned, mashed	0.99
18184	Cookies, oatmeal, prepared from recipe, with raisins	0.99
20106	Macaroni, vegetable, enriched, cooked	0.99
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	0.99
19036	Snacks, popcorn, cakes	0.98
20048	Rice, white, long-grain, precooked or instant, enriched, dry	0.98
18376	Bread crumbs, dry, grated, seasoned	0.98
11369	Potatoes, microwaved, cooked in skin, skin, without salt	0.98
11836	Potatoes, microwaved, cooked, in skin, skin with salt	0.98
02020	Spices, garlic powder	0.98
07069	Salami, cooked, beef and pork	0.98
20037	Rice, brown, long-grain, cooked	0.97
20054	Rice, white, glutinous, unenriched, uncooked	0.97
19061	Snacks, trail mix, tropical	0.97
20034	Oat bran, cooked	0.96
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	0.96
02063	Rosemary, fresh	0.96
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0.96
18183	Cookies, oatmeal, refrigerated dough, baked	0.95
12097	Nuts, chestnuts, european, raw, unpeeled	0.95
32000	Rice and vermicelli mix, beef flavor, unprepared	0.95
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	0.95
16147	Veggie burgers or soyburgers, unprepared	0.95
07072	Salami, dry or hard, pork, beef	0.95
19142	Candies, MOUNDS Candy Bar	0.95
19126	Candies, milk chocolate coated peanuts	0.94
18236	Cracker meal	0.94
11157	Chrysanthemum, garland, raw	0.94
11698	Chrysanthemum leaves, raw	0.94
19806	Snacks, popcorn, air-popped (Unsalted)	0.94
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	0.94
18039	Bread, oatmeal	0.94
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	0.94
11458	Spinach, cooked, boiled, drained, without salt	0.94

NDB_No	Description	Manganese, Mn(mg) Value Per
11854	Spinach, cooked, boiled, drained, with salt	0.94
25038	Snacks, granola bars, soft, almond, confectioners coating	0.93
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	0.93
09266	Pineapple, raw, all varieties	0.93
28321	Rolls, hamburger, whole grain white, calcium-fortified	0.93
28347	Pancakes, gluten-free, frozen, ready-to-heat	0.92
28374	VAN'S, Gluten Free, Totally Original Pancakes	0.92
19420	Snacks, granola bars, hard, peanut butter	0.92
16019	Beans, cranberry (roman), mature seeds, raw	0.92
18079	Bread crumbs, dry, grated, plain	0.92
20120	Pasta, dry, enriched	0.92
20420	Pasta, dry, unenriched	0.92
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	0.92
28308	Crackers, standard snack-type, with whole wheat	0.92
18190	Cookies, peanut butter sandwich, regular	0.91
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	0.91
18061	Bread, rye, toasted	0.90
19418	Snacks, sesame sticks, wheat-based, salted	0.90
19820	Snacks, sesame sticks, wheat-based, unsalted	0.90
15061	Fish, perch, mixed species, cooked, dry heat	0.90
15100	Fish, smelt, rainbow, cooked, dry heat	0.90
35183	Corn, dried, yellow (Northern Plains Indians)	0.90
11457	Spinach, raw	0.90
15190	Fish, burbot, cooked, dry heat	0.90
15195	Fish, drum, freshwater, cooked, dry heat	0.90
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	0.90
19225	Desserts, rennin, tablets, unsweetened	0.90
15178	Mollusks, whelk, unspecified, cooked, moist heat	0.89
15003	Fish, bass, fresh water, mixed species, raw	0.89
43299	Soybean, curd cheese	0.89
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	0.89
28375	VAN'S, Gluten Free, Totally Original Waffles	0.89
11003	Amaranth leaves, raw	0.88
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	0.88
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	0.88
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	0.88

NDB_No	Description	Manganese, Mn(mg) Value Per
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	0.88
18005	Bagels, cinnamon-raisin	0.88
11280	Okra, frozen, unprepared	0.87
19117	Candies, halavah, plain	0.87
11223	Drumstick leaves, cooked, boiled, drained, without salt	0.87
11786	Drumstick leaves, cooked, boiled, drained, with salt	0.87
19125	Chocolate-flavored hazelnut spread	0.87
18007	Bagels, oat bran	0.86
11004	Amaranth leaves, cooked, boiled, drained, without salt	0.86
11700	Amaranth leaves, cooked, boiled, drained, with salt	0.86
16112	Miso	0.86
12071	Nuts, almond paste	0.86
20109	Noodles, egg, dry, enriched	0.86
20409	Noodles, egg, dry, unenriched	0.86
12101	Nuts, chestnuts, european, boiled and steamed	0.85
20002	Amaranth grain, cooked	0.85
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	0.85
15114	Fish, trout, mixed species, raw	0.85
14035	Beverages, ABBOTT, EAS soy protein powder	0.85
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	0.85
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	0.85
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	0.85
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	0.84
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	0.84
11281	Okra, frozen, cooked, boiled, drained, without salt	0.84
11804	Okra, frozen, cooked, boiled, drained, with salt	0.84
18178	Cookies, oatmeal, commercially prepared, regular	0.84
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	0.84
12085	Nuts, cashew nuts, dry roasted, without salt added	0.83
12585	Nuts, cashew nuts, dry roasted, with salt added	0.83
16109	Soybeans, mature cooked, boiled, without salt	0.82
16409	Soybeans, mature seeds, cooked, boiled, with salt	0.82
18060	Bread, rye	0.82
28300	Cookies, oatmeal sandwich, with creme filling	0.82
18261	English muffins, mixed-grain, toasted (includes granola)	0.82
08143	Cereals, WHEATENA, cooked with water	0.82

NDB_No	Description	Manganese, Mn(mg) Value Per
18215	Crackers, cheese, sandwich-type with peanut butter filling	0.82
11962	Peppers, hot chile, sun-dried	0.82
18400	Crackers, matzo, egg and onion	0.82
09430	Pineapple, raw, extra sweet variety	0.82
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.82
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	0.82
08182	Cereals, WHEATENA, cooked with water, with salt	0.82
12088	Nuts, cashew butter, plain, without salt added	0.82
12116	Nuts, coconut cream, canned, sweetened	0.82
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.81
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0.81
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	0.81
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	0.81
18383	Bread, protein, (includes gluten), toasted	0.80
06026	Soup, chili beef, canned, condensed	0.80
06101	Soup, cream of vegetable, dry, powder	0.80
15064	Fish, pike, walleye, raw	0.80
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	0.80
19080	Candies, semisweet chocolate	0.80
19701	Candies, semisweet chocolate, made with butter	0.80
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	0.80
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	0.80
20083	Wheat flour, white, bread, enriched	0.79
20129	Wheat flours, bread, unenriched	0.79
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0.79
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	0.79
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	0.79
32018	Spanish rice mix, dry mix, unprepared	0.79
11278	Okra, raw	0.79
18940	Muffin, blueberry, commercially prepared, low-fat	0.78
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	0.78
20095	Pasta, fresh-refrigerated, spinach, as purchased	0.78
28346	Waffles, gluten-free, frozen, ready-to-heat	0.78
20028	Couscous, dry	0.78
18037	Bread, oat bran	0.78
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	0.78

NDB_No	Description	Manganese, Mn(mg) Value Per
35205	Stinging Nettles, blanched (Northern Plains Indians)	0.78
18961	Crackers, cream, GAMESA SABROSAS	0.78
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	0.77
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	0.77
16158	Hummus, commercial	0.77
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	0.77
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0.77
03209	Babyfood, crackers, vegetable	0.77
19423	Snacks, potato chips, fat-free, made with olestra	0.77
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	0.77
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	0.77
15217	Fish, sucker, white, cooked, dry heat	0.77
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0.77
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	0.76
18182	Cookies, oatmeal, refrigerated dough	0.76
19038	Snacks, popcorn, caramel-coated, with peanuts	0.76
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	0.76
27050	Sauce, sweet and sour, ready-to-serve	0.76
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	0.76
18038	Bread, oat bran, toasted	0.76
18345	Rolls, dinner, oat bran	0.75
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	0.75
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	0.74
18339	Popovers, dry mix, enriched	0.74
18447	Popovers, dry mix, unenriched	0.74
18221	Crackers, melba toast, rye (includes pumpernickel)	0.74
03997	Babyfood, Baby MUM MUM Rice Biscuits	0.73
18272	Ice cream cones, sugar, rolled-type	0.73
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	0.73
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	0.73
16107	Sausage, meatless	0.72
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	0.72
09131	Grapes, american type (slip skin), raw	0.72
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0.72
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0.72
11520	Taro leaves, raw	0.71

NDB_No	Description	Manganese, Mn(mg) Value Per
19040	Snacks, popcorn, cheese-flavor	0.71
18325	Pie, pecan, prepared from recipe	0.71
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	0.71
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0.71
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0.71
18324	Pie, pecan, commercially prepared	0.71
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	0.71
18201	Cookies, peanut butter sandwich, special dietary	0.70
11463	Spinach, frozen, chopped or leaf, unprepared	0.70
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	0.70
11039	Lima beans, immature seeds, frozen, baby, unprepared	0.70
11452	Soybeans, mature seeds, sprouted, raw	0.70
18346	Rolls, dinner, rye	0.70
18234	Crackers, wheat, sandwich, with peanut butter filling	0.70
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	0.70
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	0.70
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	0.70
15006	Fish, burbot, raw	0.70
15024	Fish, drum, freshwater, raw	0.70
15060	Fish, perch, mixed species, raw	0.70
15099	Fish, smelt, rainbow, raw	0.70
15108	Fish, sunfish, pumpkin seed, raw	0.70
18166	Cookies, chocolate sandwich, with creme filling, regular	0.70
09046	Blackberries, canned, heavy syrup, solids and liquids	0.70
18157	Cookies, chocolate wafers	0.70
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	0.70
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	0.70
08172	Cereals, farina, unenriched, dry	0.69
43135	Sandwich spread, meatless	0.69
16138	Falafel, home-prepared	0.69
11145	Celtuce, raw	0.69
32017	Pasta mix, Italian four cheese lasagna, unprepared	0.69
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	0.69
18228	Crackers, saltines (includes oyster, soda, soup)	0.69
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	0.68
18116	Cake, gingerbread, prepared from recipe	0.68

NDB_No	Description	Manganese, Mn(mg) Value Per
20081	Wheat flour, white, all-purpose, enriched, bleached	0.68
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	0.68
20481	Wheat flour, white, all-purpose, unenriched	0.68
20581	Wheat flour, white, all-purpose, enriched, unbleached	0.68
28290	Cookie, with peanut butter filling, chocolate-coated	0.68
28288	Bread, roll, Mexican, bollilo	0.68
16077	Lupins, mature seeds, cooked, boiled, without salt	0.68
16377	Lupins, mature seeds, cooked, boiled, with salt	0.68
19227	Frostings, coconut-nut, ready-to-eat	0.67
25046	Snacks, bagel chips, plain	0.67
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	0.67
28354	ANDREA'S, Gluten Free Soft Dinner Roll	0.67
09302	Raspberries, raw	0.67
09518	Raspberries, frozen, unsweetened	0.67
16159	Tofu, extra firm, prepared with nigari	0.67
06094	Soup, onion, dry, mix	0.66
11516	Sweet potato, frozen, unprepared	0.66
11517	Sweet potato, frozen, cooked, baked, without salt	0.66
11877	Sweet potato, frozen, cooked, baked, with salt	0.66
14196	Beverages, Cocoa mix, no sugar added, powder	0.66
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	0.66
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	0.66
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	0.66
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	0.66
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	0.66
18378	Cookies, chocolate chip, prepared from recipe, made with butter	0.66
11973	Beans, fava, in pod, raw	0.66
11233	Kale, raw	0.66
18017	Biscuits, mixed grain, refrigerated dough	0.66
11161	Collards, raw	0.66
32009	Pasta mix, classic beef, unprepared	0.66
25037	Snacks, pita chips, salted	0.66
32008	Pasta mix, classic cheeseburger macaroni, unprepared	0.66
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	0.65
09306	Raspberries, frozen, red, sweetened	0.65
18217	Crackers, matzo, plain	0.65

NDB_No	Description	Manganese, Mn(mg) Value Per
19238	Candies, REESE'S BITES	0.65
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0.65
11622	Kale, scotch, raw	0.65
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0.65
09042	Blackberries, raw	0.65
11497	Succotash, (corn and limas), canned, with cream style corn	0.64
06982	Soup, ramen noodle, beef flavor, dry	0.64
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	0.64
15171	Mollusks, oyster, Pacific, raw	0.64
18185	Cookies, peanut butter, commercially prepared, regular	0.64
19220	Desserts, rennin, chocolate, dry mix	0.64
18200	Cookies, oatmeal, commercially prepared, special dietary	0.64
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	0.64
11276	New Zealand spinach, raw	0.64
18368	Wonton wrappers (includes egg roll wrappers)	0.64
18457	Crackers, saltines, fat-free, low-sodium	0.64
16050	Beans, white, mature seeds, cooked, boiled, without salt	0.64
16350	Beans, white, mature seeds, cooked, boiled, with salt	0.64
18225	Crackers, rye, sandwich-type with cheese filling	0.64
18967	Bread, white wheat	0.63
20084	Wheat flour, white, cake, enriched	0.63
06627	Sauce, pesto, ready-to-serve, shelf stable	0.63
11163	Collards, frozen, chopped, unprepared	0.63
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	0.63
20137	Quinoa, cooked	0.63
06583	Soup, ramen noodle, any flavor, dry	0.63
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	0.63
18434	Crackers, cheese, low sodium	0.63
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	0.63
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	0.63
06983	Soup, ramen noodle, chicken flavor, dry	0.62
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.62
18960	Crackers, snack, GOYA CRACKERS	0.62
19132	Candies, milk chocolate, with almonds	0.62
11386	Potatoes, scalloped, dry mix, unprepared	0.62
12205	Seeds, lotus seeds, raw	0.62

NDB_No	Description	Manganese, Mn(mg) Value Per
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0.62
20066	Semolina, enriched	0.62
20466	Semolina, unenriched	0.62
18193	Cookies, shortbread, commercially prepared, pecan	0.62
11364	Potatoes, baked, skin, without salt	0.62
11830	Potatoes, baked, skin only, with salt	0.62
11647	Sweet potato, canned, syrup pack, drained solids	0.62
20086	Wheat flour, white, tortilla mix, enriched	0.61
20013	Bulgur, cooked	0.61
16427	Tofu, raw, regular, prepared with calcium sulfate	0.60
18260	English muffins, mixed-grain (includes granola)	0.60
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	0.60
11362	Potatoes, raw, skin	0.60
06006	Soup, bean with frankfurters, canned, condensed	0.60
15107	Fish, sucker, white, raw	0.60
16007	Beans, baked, canned, with beef	0.60
18218	Crackers, matzo, egg	0.60
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	0.60
11461	Spinach, canned, regular pack, drained solids	0.60
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	0.59
18081	Bread stuffing, bread, dry mix	0.59
19148	Candies, peanut brittle, prepared-from-recipe	0.59
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0.59
11384	Potatoes, au gratin, dry mix, unprepared	0.59
11240	Mushrooms, morel, raw	0.59
18154	Cookies, brownies, prepared from recipe	0.59
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0.59
06626	Sauce, pesto, ready-to-serve, refrigerated	0.59
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	0.59
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	0.58
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	0.58
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	0.58
35198	Prickly pears, raw (Northern Plains Indians)	0.58
32010	Pasta mix, Italian lasagna, unprepared	0.58
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	0.58
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0.58

NDB_No	Description	Manganese, Mn(mg) Value Per
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	0.58
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0.58
18297	Pancakes, special dietary, dry mix	0.58
18029	Bread, french or vienna (includes sourdough)	0.58
12203	Nuts, chestnuts, japanese, boiled and steamed	0.58
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	0.58
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	0.58
09041	Bananas, dehydrated, or banana powder	0.57
11344	Pigeonpeas, immature seeds, raw	0.57
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	0.57
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	0.57
18030	Bread, french or vienna, toasted (includes sourdough)	0.57
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	0.57
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	0.57
18271	Ice cream cones, cake or wafer-type	0.57
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	0.57
18189	Cookies, peanut butter, prepared from recipe	0.57
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	0.57
11581	Vegetables, mixed, canned, drained solids	0.57
16137	Hummus, home prepared	0.57
28331	Crackers, flavored, fish-shaped	0.56
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	0.56
18214	Crackers, cheese, regular	0.56
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	0.56
21388	Fast foods, miniature cinnamon rolls	0.56
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	0.56
11191	Cowpeas (blackeyes), immature seeds, raw	0.56
11298	Parsnips, raw	0.56
18360	Taco shells, baked	0.56
18349	Rolls, french	0.56
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	0.56
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0.56
19268	Candies, dark chocolate coated coffee beans	0.56
07029	Ham, sliced, regular (approximately 11% fat)	0.56
18080	Bread sticks, plain	0.56
18114	Cake, gingerbread, dry mix	0.56

NDB_No	Description	Manganese, Mn(mg) Value Per
18427	Crackers, standard snack-type, regular, low salt	0.56
11203	Cress, garden, raw	0.55
18223	Crackers, milk	0.55
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	0.55
18028	Bread, egg, toasted	0.55
16041	Beans, pink, mature seeds, cooked, boiled, without salt	0.55
16341	Beans, pink, mature seeds, cooked, boiled, with salt	0.55
09057	Boysenberries, frozen, unsweetened	0.55
11450	Soybeans, green, raw	0.55
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	0.55
20093	Pasta, fresh-refrigerated, plain, as purchased	0.55
11048	Beans, pinto, immature seeds, frozen, unprepared	0.55
18048	Bread, raisin, enriched, toasted	0.54
15158	Mollusks, clam, mixed species, cooked, breaded and fried	0.54
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	0.54
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	0.54
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	0.54
18621	NABISCO, NABISCO RITZ Crackers	0.54
20315	Corn flour, whole-grain, blue (harina de maiz morado)	0.54
11432	Radishes, oriental, dried	0.54
11563	Tree fern, cooked, without salt	0.54
11928	Tree fern, cooked, with salt	0.54
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0.54
18051	Bread, reduced-calorie, oatmeal	0.54
19866	Candies, soft fruit and nut squares	0.54
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	0.54
19188	Puddings, chocolate, dry mix, regular	0.54
11022	Balsam-pear (bitter gourd), leafy tips, raw	0.54
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	0.54
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	0.54
18069	Bread, white, commercially prepared (includes soft bread crumbs)	0.54
19118	Candies, NESTLE, OH HENRY! Bar	0.54
19279	Candies, milk chocolate coated coffee beans	0.54
18361	Toaster pastries, brown-sugar-cinnamon	0.53
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	0.53
22928	Burrito, beef and bean, microwaved	0.53

NDB_No	Description	Manganese, Mn(mg) Value Per
36026	CRACKER BARREL, onion rings, thick-cut	0.53
18084	Bread stuffing, cornbread, dry mix	0.53
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0.53
18092	Cake, pudding-type, carrot, dry mix	0.53
16038	Beans, navy, mature seeds, cooked, boiled, without salt	0.53
16079	Mothbeans, mature seeds, cooked, boiled, without salt	0.53
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0.53
16379	Mothbeans, mature seeds, cooked, boiled, with salt	0.53
18344	Rolls, dinner, egg	0.53
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	0.53
11277	New Zealand spinach, cooked, boiled, drained, without salt	0.53
11802	New zealand spinach, cooked, boiled, drained, with salt	0.53
11245	Lambsquarters, cooked, boiled, drained, without salt	0.52
11305	Peas, green, cooked, boiled, drained, without salt	0.52
11794	Lambsquarters, cooked, boiled, drained, with salt	0.52
11811	Peas, green, cooked, boiled, drained, with salt	0.52
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	0.52
17200	Lamb, variety meats and by-products, liver, cooked, braised	0.52
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	0.52
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	0.52
18965	Crackers, cheese, reduced fat	0.52
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	0.52
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	0.52
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	0.52
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	0.52
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	0.52
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	0.52
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	0.52
16051	Beans, white, mature seeds, canned	0.52
11087	Beet greens, cooked, boiled, drained, without salt	0.51
11736	Beet greens, cooked, boiled, drained, with salt	0.51
18243	Croutons, seasoned	0.51
28307	Bread, naan, plain, commercially prepared, refrigerated	0.51
18350	Rolls, hamburger or hotdog, plain	0.51
09094	Figs, dried, uncooked	0.51
11162	Collards, cooked, boiled, drained, without salt	0.51

NDB_No	Description	Manganese, Mn(mg) Value Per
11768	Collards, cooked, boiled, drained, with salt	0.51
16046	Beans, small white, mature seeds, cooked, boiled, without salt	0.51
16346	Beans, small white, mature seeds, cooked, boiled, with salt	0.51
11201	Cowpeas, leafy tips, raw	0.51
16055	Carob flour	0.51
11645	Sweet potato, canned, syrup pack, solids and liquids	0.51
11248	Lentils, sprouted, raw	0.51
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	0.50
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.50
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	0.50
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.50
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.50
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0.50
16003	Beans, adzuki, mature seeds, canned, sweetened	0.50
11451	Soybeans, green, cooked, boiled, drained, without salt	0.50
11853	Soybeans, green, cooked, boiled, drained, with salt	0.50
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	0.50
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	0.50
18047	Bread, raisin, enriched	0.50
18414	Bread, raisin, unenriched	0.50
06002	Soup, black bean, canned, condensed	0.50
06004	Soup, bean with pork, canned, condensed	0.50
06049	Soup, pea, green, canned, condensed	0.50
06051	Soup, pea, split with ham, canned, condensed	0.50
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	0.50
18027	Bread, egg	0.50
18242	Croutons, plain	0.50
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	0.50
16124	Soy sauce made from soy (tamari)	0.50
20020	Cornmeal, whole-grain, yellow	0.50
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	0.50
20133	Rice noodles, dry	0.50
20320	Cornmeal, whole-grain, white	0.50
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0.50
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0.50
18168	Cookies, chocolate sandwich, with extra creme filling	0.50

NDB_No	Description	Manganese, Mn(mg) Value Per
18927	Crackers, cheese, sandwich-type with cheese filling	0.50
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	0.50
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	0.50
18211	Puff pastry, frozen, ready-to-bake, baked	0.50
19361	Syrups, table blends, cane and 15% maple	0.50
16070	Lentils, mature seeds, cooked, boiled, without salt	0.49
16370	Lentils, mature seeds, cooked, boiled, with salt	0.49
19081	Candies, sweet chocolate	0.49
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	0.49
11459	Spinach, canned, regular pack, solids and liquids	0.49
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	0.49
11855	Spinach, canned, no salt added, solids and liquids	0.49
18229	Crackers, standard snack-type, regular	0.49
15168	Mollusks, oyster, eastern, cooked, breaded and fried	0.49
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	0.49
19069	Candies, NESTLE, BUTTERFINGER Bar	0.49
19322	Puddings, coconut cream, dry mix, instant	0.49
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	0.49
18337	Puff pastry, frozen, ready-to-bake	0.49
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	0.49
21525	PIZZA HUT, breadstick, parmesan garlic	0.49
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	0.49
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	0.49
19401	Snacks, cornnuts, barbecue-flavor	0.49
36022	APPLEBEE'S, crunchy onion rings	0.49
18127	Cake, snack cakes, creme-filled, chocolate with frosting	0.48
20014	Corn grain, yellow	0.48
20314	Corn grain, white	0.48
27059	Sauce, peanut, made from peanut butter, water, soy sauce	0.48
20091	Pasta, gluten-free, corn, dry	0.48
02051	Vanilla extract, imitation, alcohol	0.48
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	0.48
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	0.48
11246	Leeks, (bulb and lower leaf-portion), raw	0.48
18041	Bread, pita, white, enriched	0.48
18413	Bread, pita, white, unenriched	0.48

NDB_No	Description	Manganese, Mn(mg) Value Per
22917	Burrito, beef and bean, frozen	0.48
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0.48
20116	Noodles, japanese, somen, dry	0.48
25064	Snacks, potato chips, lightly salted	0.48
14649	Beverages, tea, hibiscus, brewed	0.48
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	0.48
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	0.48
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	0.48
19134	Candies, milk chocolate, with rice cereal	0.48
18338	Phyllo dough	0.48
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	0.48
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0.48
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0.48
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	0.48
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	0.48
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	0.47
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	0.47
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	0.47
18164	Cookies, chocolate chip, refrigerated dough, baked	0.47
20045	Rice, white, long-grain, regular, enriched, cooked	0.47
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	0.47
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0.47
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0.47
19120	Candies, milk chocolate	0.47
36036	Restaurant, family style, onion rings	0.47
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	0.47
18386	Muffins, blueberry, toaster-type, toasted	0.47
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	0.47
20003	Arrowroot flour	0.47
09085	Currants, zante, dried	0.47
06128	Soup, chicken noodle, dry, mix	0.47
31033	Ginger root, pickled, canned, with artificial sweetener	0.47
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	0.47
11568	Turnip greens, raw	0.47
11956	Tomatoes, sun-dried, packed in oil, drained	0.47
19104	Candies, fudge, vanilla with nuts	0.47

NDB_No	Description	Manganese, Mn(mg) Value Per
18033	Bread, italian	0.46
18174	Cookies, graham crackers, chocolate-coated	0.46
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	0.46
19324	Puddings, coconut cream, dry mix, regular	0.46
03964	Babyfood, fortified cereal bar, fruit filling	0.46
18188	Cookies, peanut butter, refrigerated dough, baked	0.46
18071	Bread, white, prepared from recipe, made with nonfat dry milk	0.46
18353	Rolls, hard (includes kaiser)	0.46
18955	Bread, pan dulce, sweet yeast bread	0.46
20016	Corn flour, whole-grain, yellow	0.46
20316	Corn flour, whole-grain, white	0.46
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	0.46
06075	Soup, beef broth or bouillon, powder, dry	0.46
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	0.46
11963	Nopales, raw	0.46
21061	Fast foods, burrito, with beans and cheese	0.46
21264	TACO BELL, Bean Burrito	0.46
11512	Sweet potato, canned, vacuum pack	0.46
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	0.46
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	0.46
19009	Snacks, KRAFT, CORNNUTS, plain	0.46
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	0.45
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	0.45
18053	Bread, reduced-calorie, rye	0.45
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	0.45
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	0.45
25060	Snack, Pretzel, hard chocolate coated	0.45
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	0.45
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	0.45
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	0.45
11126	Carrots, canned, regular pack, solids and liquids	0.45
11128	Carrots, canned, regular pack, drained solids	0.45
11236	Kale, frozen, cooked, boiled, drained, without salt	0.45
11758	Carrots, canned, no salt added, solids and liquids	0.45
11759	Carrots, canned, no salt added, drained solids	0.45
11791	Kale, frozen, cooked, boiled, drained, with salt	0.45

NDB_No	Description	Manganese, Mn(mg) Value Per
15170	Mollusks, oyster, eastern, canned	0.45
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	0.45
11519	Taro, cooked, without salt	0.45
11878	Taro, cooked, with salt	0.45
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	0.45
18352	Rolls, hamburger or hotdog, reduced-calorie	0.45
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	0.45
19124	Baking chocolate, mexican, squares	0.45
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	0.45
20058	Rice, white, steamed, Chinese restaurant	0.45
15177	Mollusks, whelk, unspecified, raw	0.45
19421	Snacks, potato chips, cheese-flavor	0.45
14224	Beverages, coffee, instant, mocha, sweetened	0.44
16015	Beans, black, mature seeds, cooked, boiled, without salt	0.44
16315	Beans, black, mature seeds, cooked, boiled, with salt	0.44
11235	Kale, frozen, unprepared	0.44
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	0.44
11659	Sweet potato, cooked, candied, home-prepared	0.44
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	0.44
19063	Snacks, tortilla chips, taco-flavor	0.44
18963	Garlic bread, frozen	0.44
09352	Blueberries, canned, light syrup, drained	0.44
19422	Snacks, potato chips, reduced fat	0.44
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	0.44
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	0.44
19811	Snacks, potato chips, plain, unsalted	0.44
18224	Crackers, rusk toast	0.44
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	0.44
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	0.44
11316	Peas, mature seeds, sprouted, raw	0.44
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	0.44
18313	Pie, coconut creme, commercially prepared	0.44
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	0.44
18448	Taco shells, baked, without added salt	0.44
18388	Muffins, wheat bran, toaster-type with raisins, toasted	0.43
36602	Restaurant, Chinese, fried rice, without meat	0.43

NDB_No	Description	Manganese, Mn(mg) Value Per
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	0.43
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	0.43
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.43
18186	Cookies, peanut butter, commercially prepared, soft-type	0.43
18336	Pie crust, standard-type, prepared from recipe, baked	0.43
19411	Snacks, potato chips, plain, salted	0.43
20650	Sorghum flour, refined, unenriched	0.43
11152	Chicory greens, raw	0.43
27046	Sauce, duck, ready-to-serve	0.43
21225	Pizza, cheese topping, rising crust, frozen, cooked	0.43
11579	Vegetables, mixed, canned, solids and liquids	0.43
11165	Coriander (cilantro) leaves, raw	0.43
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	0.43
21158	Fast foods, submarine sandwich, meatball marinara on white bread	0.43
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	0.42
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	0.42
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	0.42
18160	Cookies, chocolate chip, commercially prepared, soft-type	0.42
19415	Snacks, potato sticks	0.42
02046	Mustard, prepared, yellow	0.42
19100	Candies, fudge, chocolate, prepared-from-recipe	0.42
21419	KFC, biscuit	0.42
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	0.42
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	0.42
18070	Bread, white, commercially prepared, toasted	0.42
18179	Cookies, oatmeal, commercially prepared, soft-type	0.42
18209	Cookies, sugar wafers with creme filling, regular	0.42
18432	Bread, white, commercially prepared, toasted, low sodium no salt	0.42
11213	Endive, raw	0.42
16008	Beans, baked, canned, with franks	0.42
18371	Leavening agents, baking powder, low-sodium	0.42
22955	Egg rolls, vegetable, frozen, prepared	0.42
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0.42
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	0.42
11350	Pokeberry shoots, (poke), raw	0.42
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	0.42

NDB_No	Description	Manganese, Mn(mg) Value Per
11623	Kale, scotch, cooked, boiled, drained, without salt	0.42
11792	Kale, scotch, cooked, boiled, drained, with salt	0.42
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	0.42
35204	Chokecherries, raw, pitted (Northern Plains Indians)	0.42
11234	Kale, cooked, boiled, drained, without salt	0.42
11790	Kale, cooked, boiled, drained, with salt	0.42
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	0.42
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	0.42
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	0.41
14334	Beverages, pineapple and grapefruit juice drink, canned	0.41
06118	Gravy, brown, dry	0.41
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	0.41
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	0.41
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	0.41
16084	Mungo beans, mature seeds, cooked, boiled, without salt	0.41
16384	Mungo beans, mature seeds, cooked, boiled, with salt	0.41
11082	Beets, canned, regular pack, solids and liquids	0.41
18107	Coffeecake, cinnamon with crumb topping, dry mix	0.41
21129	Fast foods, hush puppies	0.41
28333	Cookies, gluten-free, chocolate wafer	0.41
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	0.41
11304	Peas, green, raw	0.41
18003	Bagels, egg	0.41
11046	Beans, navy, mature seeds, sprouted, raw	0.41
11964	Nopales, cooked, without salt	0.41
16026	Beans, great northern, mature seeds, canned	0.41
16326	Beans, great northern, mature seeds, canned, low sodium	0.41
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	0.41
22918	Burrito, bean and cheese, frozen	0.41
36605	CRACKER BARREL, country fried shrimp platter	0.41
11274	Mustard spinach, (tendergreen), raw	0.41
19043	Snacks, potato chips, sour-cream-and-onion-flavor	0.40
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	0.40
22954	Egg rolls, chicken, refrigerated, heated	0.40
16130	Okara	0.40
18199	Cookies, chocolate sandwich, with creme filling, special dietary	0.40

NDB_No	Description	Manganese, Mn(mg) Value Per
20010	Buckwheat groats, roasted, cooked	0.40
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	0.40
11426	Pumpkin pie mix, canned	0.40
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	0.40
21259	BURGER KING, Original Chicken Sandwich	0.40
06122	Gravy, mushroom, dry, powder	0.40
06123	Gravy, onion, dry, mix	0.40
06127	Gravy, unspecified type, dry	0.40
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0.40
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0.40
19083	Candies, sweet chocolate coated fondant	0.40
21060	Fast foods, burrito, with beans	0.40
36045	ON THE BORDER, refried beans	0.40
42178	Mayonnaise, made with tofu	0.40
28348	Rolls, dinner, sweet	0.40
36031	DENNY'S, onion rings	0.40
11601	Yam, raw	0.40
15152	Crustaceans, shrimp, mixed species, canned	0.40
16086	Peas, split, mature seeds, cooked, boiled, without salt	0.40
16386	Peas, split, mature seeds, cooked, boiled, with salt	0.40
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	0.40
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	0.40
11096	Broccoli raab, raw	0.40
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	0.40
15245	Mollusks, oyster, eastern, farmed, raw	0.39
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	0.39
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	0.39
18192	Cookies, shortbread, commercially prepared, plain	0.39
18951	Waffles, chocolate chip, frozen, ready-to-heat	0.39
28310	Cookies, shortbread, reduced fat	0.39
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	0.39
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	0.39
06426	Soup, chili beef, canned, prepared with equal volume water	0.39
14367	Beverages, tea, instant, unsweetened, prepared with water	0.39
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	0.39
18009	Biscuits, plain or buttermilk, frozen, baked	0.39

NDB_No	Description	Manganese, Mn(mg) Value Per
11086	Beet greens, raw	0.39
11990	Wasabi, root, raw	0.39
18057	Bread, reduced-calorie, white	0.39
36416	Restaurant, Latino, bunuelos (fried yeast bread)	0.39
21386	BURGER KING, french toast sticks	0.39
36417	Restaurant, Mexican, spanish rice	0.39
03077	Babyfood, dinner, pasta with vegetables	0.39
21024	Fast foods, french toast sticks	0.39
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.39
19056	Snacks, tortilla chips, plain, white corn, salted	0.39
21142	Fast food, biscuit	0.39
32006	Taquitos, frozen, chicken and cheese, oven-heated	0.39
06076	Soup, beef broth, cubed, dry	0.39
09316	Strawberries, raw	0.39
11214	Escarole, cooked, boiled, drained, no salt added	0.38
11730	Beans, snap, yellow, frozen, all styles, unprepared	0.38
19042	Snacks, potato chips, barbecue-flavor	0.38
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	0.38
11134	Cassava, raw	0.38
16145	Beans, kidney, red, mature seeds, canned, drained solids	0.38
11518	Taro, raw	0.38
16146	Beans, pinto, canned, drained solids	0.38
18402	Pie crust, standard-type, prepared from recipe, unbaked	0.38
18416	Bread, white, commercially prepared, low sodium, no salt	0.38
11050	Beans, shellie, canned, solids and liquids	0.38
14181	Beverages, chocolate syrup	0.38
16023	Beans, french, mature seeds, cooked, boiled, without salt	0.38
16323	Beans, french, mature seeds, cooked, boiled, with salt	0.38
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	0.38
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	0.38
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	0.38
01238	Ice cream sandwich	0.38
11097	Broccoli raab, cooked	0.38
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.38
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0.38
09452	Orange Pineapple Juice Blend	0.38

NDB_No	Description	Manganese, Mn(mg) Value Per
18016	Biscuits, plain or buttermilk, prepared from recipe	0.38
06081	Soup, chicken broth cubes, dry	0.38
20051	Rice, white, medium-grain, enriched, cooked	0.38
20451	Rice, white, medium-grain, cooked, unenriched	0.38
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	0.38
20017	Corn flour, masa, enriched, white	0.38
20019	Corn flour, masa, unenriched, white	0.38
20317	Corn flour, yellow, masa, enriched	0.38
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	0.38
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	0.38
05661	Chicken, liver, all classes, cooked, pan-fried	0.38
06068	Soup, vegetarian vegetable, canned, condensed	0.38
16039	Beans, navy, mature seeds, canned	0.38
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	0.38
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	0.38
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	0.37
20115	Noodles, japanese, soba, cooked	0.37
11156	Chives, raw	0.37
11442	Seaweed, agar, raw	0.37
18163	Cookies, chocolate chip, refrigerated dough	0.37
11204	Cress, garden, cooked, boiled, drained, without salt	0.37
11781	Cress, garden, cooked, boiled, drained, with salt	0.37
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	0.37
11521	Taro leaves, cooked, steamed, without salt	0.37
11602	Yam, cooked, boiled, drained, or baked, without salt	0.37
11879	Taro, leaves, cooked, steamed, with salt	0.37
11897	Yam, cooked, boiled, drained, or baked, with salt	0.37
19348	Syrups, chocolate, fudge-type	0.37
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	0.37
11349	Poi	0.37
11444	Seaweed, irishmoss, raw	0.37
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	0.37
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	0.37
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	0.37
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	0.37
18251	Doughnuts, cake-type, chocolate, sugared or glazed	0.37

NDB_No	Description	Manganese, Mn(mg) Value Per
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	0.37
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	0.37
11060	Beans, snap, green, frozen, all styles, unprepared	0.37
11574	Turnip greens, frozen, unprepared	0.37
18277	Muffins, blueberry, toaster-type	0.37
35202	Raspberries, wild (Northern Plains Indians)	0.37
36418	Restaurant, Mexican, refried beans	0.37
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	0.37
19184	Puddings, chocolate, dry mix, instant	0.37
11147	Chard, swiss, raw	0.37
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0.37
18972	Bread, cheese	0.37
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	0.37
18198	Cookies, chocolate chip, commercially prepared, special dietary	0.36
19058	Snacks, tortilla chips, ranch-flavor	0.36
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	0.36
18973	Focaccia, Italian flatbread, plain	0.36
16073	Lima beans, large, mature seeds, canned	0.36
18161	Cookies, chocolate chip, dry mix	0.36
18952	Tostada shells, corn	0.36
20118	Noodles, flat, crunchy, Chinese restaurant	0.36
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	0.36
36611	DENNY'S, mozzarella cheese sticks	0.36
32007	Taquitos, frozen, beef and cheese, oven-heated	0.36
16010	Beans, baked, canned, with pork and sweet sauce	0.36
18244	Danish pastry, cinnamon, enriched	0.36
18430	Danish pastry, cinnamon, unenriched	0.36
14341	Beverages, pineapple and orange juice drink, canned	0.36
16009	Beans, baked, canned, with pork	0.36
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	0.36
19045	Snacks, potato chips, made from dried potatoes, reduced fat	0.36
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	0.36
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	0.36
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	0.36
11005	Arrowhead, raw	0.36
14268	Beverages, Fruit punch drink, frozen concentrate	0.36

NDB_No	Description	Manganese, Mn(mg) Value Per
05028	Chicken, liver, all classes, cooked, simmered	0.36
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.36
11190	Cornsalad, raw	0.36
21355	McDONALD'S, McCHICKEN Sandwich	0.36
22902	Pizza, meat topping, thick crust, frozen, cooked	0.36
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	0.36
25028	Tortilla chips, yellow, plain, salted	0.36
11318	Peas and carrots, canned, regular pack, solids and liquids	0.36
11816	Peas and carrots, canned, no salt added, solids and liquids	0.36
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	0.36
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	0.36
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	0.36
20053	Rice, white, short-grain, enriched, cooked	0.36
20453	Rice, white, short-grain, cooked, unenriched	0.36
21107	Fast foods, hamburger; single, regular patty; plain	0.36
13326	Beef, variety meats and by-products, liver, cooked, braised	0.36
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	0.36
09263	Persimmons, japanese, raw	0.36
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	0.36
11418	Pumpkin leaves, raw	0.36
11419	Pumpkin leaves, cooked, boiled, drained, without salt	0.36
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	0.36
11848	Pumpkin leaves, cooked, boiled, drained, with salt	0.36
18032	Bread, irish soda, prepared from recipe	0.36
18279	Muffins, corn, commercially prepared	0.36
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	0.36
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	0.35
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	0.35
20047	Rice, white, long-grain, parboiled, enriched, cooked	0.35
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0.35
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	0.35
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	0.35
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	0.35
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	0.35
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	0.35
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	0.35

NDB_No	Description	Manganese, Mn(mg) Value Per
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	0.35
03995	Babyfood, banana with mixed berries, strained	0.35
18152	Cookies, brownies, dry mix, regular	0.35
18245	Danish pastry, cheese	0.35
19111	Candies, NESTLE, BABY RUTH Bar	0.35
19138	Candies, truffles, prepared-from-recipe	0.35
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	0.35
18119	Cake, pineapple upside-down, prepared from recipe	0.35
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	0.35
23501	USDA Commodity, beef patties with VPP, frozen, cooked	0.35
36044	ON THE BORDER, Mexican rice	0.35
11613	Borage, raw	0.35
11616	Dock, raw	0.35
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	0.35
03213	Babyfood, cookies	0.35
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0.35
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	0.35
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0.34
10110	Pork, fresh, variety meats and by-products, liver, raw	0.34
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0.34
09301	Rambutan, canned, syrup pack	0.34
18170	Cookies, fig bars	0.34
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	0.34
11207	Dandelion greens, raw	0.34
21130	Fast foods, onion rings, breaded and fried	0.34
21509	BURGER KING, Onion Rings	0.34
27065	Dip, bean, original flavor	0.34
27068	Dip, FRITO'S, bean, original flavor	0.34
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	0.34
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	0.34
18010	Biscuits, plain or buttermilk, dry mix	0.34
18241	Croissants, cheese	0.34
11272	Mustard greens, frozen, unprepared	0.34
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	0.34
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	0.34
11098	Brussels sprouts, raw	0.34

NDB_No	Description	Manganese, Mn(mg) Value Per
11569	Turnip greens, cooked, boiled, drained, without salt	0.34
11891	Turnip greens, cooked, boiled, drained, with salt	0.34
09050	Blueberries, raw	0.34
11312	Peas, green, frozen, unprepared	0.34
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0.34
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	0.34
12098	Nuts, chestnuts, european, raw, peeled	0.34
11726	Beans, snap, green, canned, no salt added, solids and liquids	0.34
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0.34
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0.34
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	0.34
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	0.34
11148	Chard, swiss, cooked, boiled, drained, without salt	0.33
11765	Chard, swiss, cooked, boiled, drained, with salt	0.33
18250	Doughnuts, cake-type, plain, sugared or glazed	0.33
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	0.33
19003	Snacks, corn-based, extruded, chips, plain	0.33
19240	Frostings, chocolate, creamy, dry mix	0.33
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	0.33
22953	Egg rolls, pork, refrigerated, heated	0.33
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	0.33
11063	Beans, snap, green, microwaved	0.33
16171	Refried beans, canned, vegetarian	0.33
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	0.33
05178	Turkey, liver, all classes, cooked, simmered	0.33
11588	Waterchestnuts, chinese, (matai), raw	0.33
11062	Beans, snap, green, frozen, all styles, microwaved	0.33
17369	Lamb, New Zealand, imported, liver, raw	0.33
18126	Cake, shortcake, biscuit-type, prepared from recipe	0.33
18239	Croissants, butter	0.33
19057	Snacks, tortilla chips, nacho cheese	0.33
19162	Candies, WHATCHAMACALLIT Candy Bar	0.33
11080	Beets, raw	0.33
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	0.33
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	0.33
18006	Bagels, cinnamon-raisin, toasted	0.33

NDB_No	Description	Manganese, Mn(mg) Value Per
21505	Pizza, cheese topping, thin crust, frozen, cooked	0.33
09259	Pears, dried, sulfured, uncooked	0.33
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	0.33
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	0.33
21250	BURGER KING, Hamburger	0.33
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	0.33
11081	Beets, cooked, boiled, drained	0.33
11734	Beets, cooked, boiled. drained, with salt	0.33
16172	Refried beans, canned, fat-free	0.33
18187	Cookies, peanut butter, refrigerated dough	0.33
18363	Tortillas, ready-to-bake or -fry, corn	0.33
36413	Restaurant, Latino, black bean soup	0.33
09422	Durian, raw or frozen	0.32
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	0.32
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	0.32
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	0.32
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	0.32
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	0.32
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0.32
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0.32
21108	Fast foods, hamburger; single, regular patty; with condiments	0.32
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	0.32
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	0.32
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	0.32
18156	Cookies, fudge, cake-type (includes trolley cakes)	0.32
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	0.32
20121	Pasta, cooked, enriched, without added salt	0.32
20321	Pasta, cooked, enriched, with added salt	0.32
20421	Pasta, cooked, unenriched, without added salt	0.32
20521	Pasta, cooked, unenriched, with added salt	0.32
21228	McDONALD'S, Hamburger	0.32
11959	Arugula, raw	0.32
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	0.32
11088	Broadbeans, immature seeds, raw	0.32
21008	Fast foods, biscuit, with ham	0.32
14015	Alcoholic beverage, pina colada, canned	0.32

NDB_No	Description	Manganese, Mn(mg) Value Per
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	0.32
16044	Beans, pinto, mature seeds, canned, solids and liquids	0.32
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	0.32
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	0.32
20112	Noodles, egg, spinach, enriched, cooked	0.32
18208	Cookies, sugar, prepared from recipe, made with margarine	0.32
20096	Pasta, fresh-refrigerated, spinach, cooked	0.32
21089	Fast foods, cheeseburger; single, regular patty; plain	0.32
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	0.32
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	0.32
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	0.32
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	0.32
18332	Pie crust, standard-type, dry mix	0.32
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	0.32
19294	Fruit butters, apple	0.32
20110	Noodles, egg, enriched, cooked	0.32
20310	Noodles, egg, cooked, enriched, with added salt	0.32
20410	Noodles, egg, unenriched, cooked, without added salt	0.32
20510	Noodles, egg, cooked, unenriched, with added salt	0.32
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	0.31
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	0.31
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	0.31
11413	Potato flour	0.31
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	0.31
09289	Prunes, dehydrated (low-moisture), uncooked	0.31
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	0.31
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	0.31
18375	Leavening agents, yeast, baker's, active dry	0.31
06124	Gravy, pork, dry, powder	0.31
11100	Brussels sprouts, frozen, unprepared	0.31
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	0.31
21486	Fast foods, taco with beef, cheese and lettuce, soft	0.31
22978	Chicken tenders, breaded, frozen, prepared	0.31
13325	Beef, variety meats and by-products, liver, raw	0.31
15063	Fish, pike, northern, cooked, dry heat	0.31
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	0.31

NDB_No	Description	Manganese, Mn(mg) Value Per
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	0.31
09297	Raisins, golden seedless	0.31
11197	Cowpeas, young pods with seeds, raw	0.31
18205	Cookies, sugar, refrigerated dough	0.31
19924	Syrup, NESTLE, chocolate	0.31
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	0.31
11428	Purslane, cooked, boiled, drained, without salt	0.31
11849	Purslane, cooked, boiled, drained, with salt	0.31
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0.31
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	0.31
09246	Peaches, dried, sulfured, uncooked	0.30
18128	Cake, snack cakes, creme-filled, sponge	0.30
18191	Cookies, raisin, soft-type	0.30
18333	Pie crust, standard-type, dry mix, prepared, baked	0.30
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	0.30
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	0.30
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	0.30
36401	Restaurant, Latino, chicken and rice, entree, prepared	0.30
43046	Candies, nougat, with almonds	0.30
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	0.30
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	0.30
11427	Purslane, raw	0.30
11813	Peas, green, canned, no salt added, drained solids	0.30
12005	Seeds, breadnut tree seeds, dried	0.30
35140	Bread, kneel down (Navajo)	0.30
11546	Tomato products, canned, paste, without salt added	0.30
16011	Beans, baked, canned, with pork and tomato sauce	0.30
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	0.30
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	0.30
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	0.30
11553	Tomato products, canned, sauce, with onions	0.30
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	0.30
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	0.30
21415	POPEYES, biscuit	0.30
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	0.30
03994	Babyfood, fruit, banana and strawberry, junior	0.30

NDB_No	Description	Manganese, Mn(mg) Value Per
06001	Soup, cream of asparagus, canned, condensed	0.30
06023	Soup, chicken with rice, canned, condensed	0.30
06025	Soup, chicken vegetable, canned, condensed	0.30
06028	Soup, clam chowder, manhattan, canned, condensed	0.30
06039	Soup, minestrone, canned, chunky, ready-to-serve	0.30
06040	Soup, minestrone, canned, condensed	0.30
06044	Soup, mushroom with beef stock, canned, condensed	0.30
06048	Soup, oyster stew, canned, condensed	0.30
06053	Soup, cream of potato, canned, condensed	0.30
06056	Soup, cream of shrimp, canned, condensed	0.30
06063	Soup, tomato rice, canned, condensed	0.30
06121	Gravy, mushroom, canned	0.30
06147	Soup, beef mushroom, canned, condensed	0.30
06483	Soup, cream of chicken, dry, mix, prepared with water	0.30
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	0.30
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	0.30
18306	Pie, blueberry, prepared from recipe	0.30
18356	Sweet rolls, cinnamon, commercially prepared with raisins	0.30
19194	Puddings, rice, dry mix	0.30
09291	Plums, dried (prunes), uncooked	0.30
09298	Raisins, seedless	0.30
11295	Onion rings, breaded, par fried, frozen, unprepared	0.30
18403	Waffles, plain, frozen, ready -to-heat, toasted	0.30
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	0.30
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	0.30
16081	Mung beans, mature seeds, cooked, boiled, without salt	0.30
16381	Mung beans, mature seeds, cooked, boiled, with salt	0.30
21064	Fast foods, burrito, with beans, cheese, and beef	0.30
21265	TACO BELL, BURRITO SUPREME with beef	0.30
19917	Candies, M&M MARS Pretzel Chocolate Candies	0.30
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	0.30
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	0.30
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	0.30
35142	Frybread, made with lard (Navajo)	0.30
36016	Restaurant, family style, shrimp, breaded and fried	0.30
05177	Turkey, liver, all classes, raw	0.30

NDB_No	Description	Manganese, Mn(mg) Value Per
09421	Dates, medjool	0.30
15167	Mollusks, oyster, eastern, wild, raw	0.30
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	0.30
11501	Succotash, (corn and limas), frozen, unprepared	0.30
16173	Frijoles rojos volteados (Refried beans, red, canned)	0.30
11092	Broccoli, frozen, chopped, unprepared	0.29
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0.29
11279	Okra, cooked, boiled, drained, without salt	0.29
11299	Parsnips, cooked, boiled, drained, without salt	0.29
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0.29
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	0.29
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0.29
11803	Okra, cooked, boiled, drained, with salt	0.29
11808	Parsnips, cooked, boiled, drained, with salt	0.29
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	0.29
21611	School Lunch, chicken nuggets, whole grain breaded	0.29
36012	Restaurant, family style, fried mozzarella sticks	0.29
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	0.29
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	0.29
11677	Shallots, raw	0.29
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	0.29
18210	Cookies, vanilla sandwich with creme filling	0.29
18964	Cinnamon buns, frosted (includes honey buns)	0.29
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0.29
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0.29
21224	Pizza, cheese topping, regular crust, frozen, cooked	0.29
03269	Babyfood, juice, apple, with calcium	0.29
06007	Soup, bean with ham, canned, chunky, ready-to-serve	0.29
09318	Strawberries, frozen, unsweetened	0.29
11975	Grape leaves, canned	0.29
18213	Cookies, vanilla wafers, higher fat	0.29
18230	Crackers, standard snack-type, sandwich, with cheese filling	0.29
21251	BURGER KING, Cheeseburger	0.29
16103	Refried beans, canned, traditional style (includes USDA commodity)	0.29
16403	Refried beans, canned, traditional, reduced sodium	0.29
18206	Cookies, sugar, refrigerated dough, baked	0.29

NDB_No	Description	Manganese, Mn(mg) Value Per
22963	Lean Pockets, Meatballs & Mozzarella	0.29
32020	Chicken, thighs, frozen, breaded, reheated	0.29
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.29
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.29
16054	Broadbeans (fava beans), mature seeds, canned	0.29
11084	Beets, canned, drained solids	0.29
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	0.29
35015	Blackberries, wild, raw (Alaska Native)	0.29
22962	LEAN POCKETS, Ham N Cheddar	0.29
11239	Mushrooms, Chanterelle, raw	0.29
11006	Arrowhead, cooked, boiled, drained, without salt	0.28
11053	Beans, snap, green, cooked, boiled, drained, without salt	0.28
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	0.28
11701	Arrowhead, cooked, boiled, drained, with salt	0.28
11723	Beans, snap, green, cooked, boiled, drained, with salt	0.28
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	0.28
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	0.28
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	0.28
21610	School Lunch, chicken patty, whole grain breaded	0.28
21020	Fast foods, english muffin, with cheese and sausage	0.28
11259	Mountain yam, hawaii, cooked, steamed, without salt	0.28
11927	Mountain yam, hawaii, cooked, steamed, with salt	0.28
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	0.28
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	0.28
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	0.28
25050	Snacks, yucca (cassava) chips, salted	0.28
36008	T.G.I. FRIDAY'S, fried mozzarella	0.28
07972	Meatballs, frozen, Italian style	0.28
14639	Beverages, rice milk, unsweetened	0.28
20089	Wild rice, cooked	0.28
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	0.28
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	0.28
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	0.28
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	0.28
21241	WENDY'S, Jr. Hamburger, without cheese	0.28
36001	APPLEBEE'S, Double Crunch Shrimp	0.28

NDB_No	Description	Manganese, Mn(mg) Value Per
03096	Babyfood, vegetable, green beans and potatoes	0.28
09447	Plantains, yellow, fried, Latino restaurant	0.28
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0.28
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0.28
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0.28
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	0.28
18101	Cake, chocolate, prepared from recipe without frosting	0.28
18142	Cake, pudding-type, yellow, dry mix	0.28
18281	Muffins, corn, toaster-type	0.28
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	0.28
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	0.28
11313	Peas, green, frozen, cooked, boiled, drained, without salt	0.28
11814	Peas, green, frozen, cooked, boiled, drained, with salt	0.28
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	0.28
36052	Restaurant, Mexican, cheese quesadilla	0.28
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	0.28
18135	Cake, pudding-type, white, enriched, dry mix	0.28
18419	Cake, pudding-type, white, unenriched, dry mix	0.28
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.28
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	0.28
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	0.28
21256	BURGER KING, Chicken Strips	0.28
07940	Macaroni and cheese loaf, chicken, pork and beef	0.28
11570	Turnip greens, canned, solids and liquids	0.28
18102	Cake, white, prepared from recipe with coconut frosting	0.28
36032	DENNY'S, spaghetti and meatballs	0.28
36038	Restaurant, family style, spaghetti and meatballs	0.28
22911	Chili, no beans, canned entree	0.28
25027	Snacks, plantain chips, salted	0.28
18275	Muffins, blueberry, dry mix	0.28
06072	Soup, vegetable with beef broth, canned, condensed	0.28
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	0.28
25040	Snacks, vegetable chips, made from garden vegetables	0.28
11106	Butterbur, (fuki), raw	0.27
11326	Peas and onions, frozen, unprepared	0.27
21267	TACO BELL, BURRITO SUPREME with steak	0.27

NDB_No	Description	Manganese, Mn(mg) Value Per
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0.27
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0.27
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	0.27
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	0.27
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	0.27
18290	Pancakes, plain, dry mix, complete, prepared	0.27
20032	Millet, cooked	0.27
16106	Meat extender	0.27
21247	WENDY'S, french fries	0.27
09040	Bananas, raw	0.27
11105	Burdock root, cooked, boiled, drained, without salt	0.27
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	0.27
11747	Burdock root, cooked, boiled, drained, with salt	0.27
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	0.27
17203	Veal, variety meats and by-products, liver, cooked, braised	0.27
21266	TACO BELL, BURRITO SUPREME with chicken	0.27
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	0.27
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	0.27
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	0.27
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	0.27
11658	Spinach souffle	0.27
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	0.27
14192	Beverages, Cocoa mix, powder	0.27
06115	Gravy, au jus, dry	0.27
11310	Peas, green, canned, seasoned, solids and liquids	0.27
11437	Salsify, (vegetable oyster), raw	0.27
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	0.27
36002	APPLEBEE'S, french fries	0.27
36403	Restaurant, Latino, empanadas, beef, prepared	0.27
09078	Cranberries, raw	0.27
09299	Raisins, seeded	0.27
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0.27
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	0.27
11510	Sweet potato, cooked, boiled, without skin	0.27
11876	Sweet potato, cooked, boiled, without skin, with salt	0.27
21488	Fast foods, quesadilla, with chicken	0.27

NDB_No	Description	Manganese, Mn(mg) Value Per
35200	Prairie Turnips, raw (Northern Plains Indians)	0.27
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0.27
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	0.26
03091	Babyfood, vegetables, green beans, strained	0.26
06451	Soup, pea, split with ham, canned, prepared with equal volume water	0.26
07937	Bologna, pork, turkey and beef	0.26
18367	Waffles, plain, prepared from recipe	0.26
18959	Pastry, Pastelitos de Guava (guava pastries)	0.26
11812	Peas, green, canned, no salt added, solids and liquids	0.26
11969	Broccoli, chinese, cooked	0.26
21105	Fast foods, fish sandwich, with tartar sauce	0.26
21258	BURGER KING, Premium Fish Sandwich	0.26
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.26
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0.26
18322	Pie, mince, prepared from recipe	0.26
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	0.26
43387	Turnip greens, canned, no salt added	0.26
36024	CRACKER BARREL, chicken tenderloin platter, fried	0.26
09055	Blueberries, frozen, sweetened	0.26
09087	Dates, deglet noor	0.26
11026	Bamboo shoots, raw	0.26
18212	Cookies, vanilla wafers, lower fat	0.26
20055	Rice, white, glutinous, unenriched, cooked	0.26
21106	Fast foods, fish sandwich, with tartar sauce and cheese	0.26
21232	McDONALD'S, FILET-O-FISH	0.26
11254	Lotus root, raw	0.26
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	0.26
43406	Yeast extract spread	0.26
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	0.26
21508	WEND'YS, Crispy Chicken Sandwich	0.26
36005	APPLEBEE'S, chicken tenders, from kids' menu	0.26
36613	DENNY'S, macaroni & cheese, from kid's menu	0.26
05324	Chicken patty, frozen, cooked	0.26
06249	Soup, pea, green, canned, prepared with equal volume milk	0.26
11672	Potato pancakes	0.26
11676	Radish seeds, sprouted, raw	0.26

NDB_No	Description	Manganese, Mn(mg) Value Per
18954	Bread, pound cake type, pan de torta salvadoran	0.26
19410	Snack, potato chips, made from dried potatoes, plain	0.26
11620	Drumstick pods, raw	0.26
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0.26
20006	Barley, pearled, cooked	0.26
21096	Fast foods, cheeseburger; single, large patty; plain	0.26
36007	T.G.I. FRIDAY'S, french fries	0.26
21421	KFC, Crispy Chicken Strips	0.26
36023	APPLEBEE'S, chicken tenders platter	0.26
05143	Duck, domesticated, liver, raw	0.26
11507	Sweet potato, raw, unprepared	0.26
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	0.26
36619	Restaurant, Chinese, kung pao chicken	0.26
09083	Currants, european black, raw	0.26
11007	Artichokes, (globe or french), raw	0.26
11094	Broccoli, frozen, spears, unprepared	0.26
11122	Cardoon, raw	0.26
21270	TACO BELL, Taco Salad	0.26
05027	Chicken, liver, all classes, raw	0.26
11324	Peas and onions, canned, solids and liquids	0.26
11986	Malabar spinach, cooked	0.26
14262	Beverages, citrus fruit juice drink, frozen concentrate	0.26
16005	Beans, baked, home prepared	0.26
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	0.26
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	0.26
17202	Veal, variety meats and by-products, liver, raw	0.26
05323	Chicken patty, frozen, uncooked	0.25
06175	Sauce, hoisin, ready-to-serve	0.25
18202	Cookies, sugar wafer, with creme filling, sugar free	0.25
21090	Fast foods, cheeseburger; single, regular patty, with condiments	0.25
21358	McDONALD'S, Sausage McMUFFIN	0.25
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	0.25
36015	Restaurant, family style, chicken fingers, from kid's menu	0.25
21321	McDONALD'S, Hotcakes (plain)	0.25
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	0.25
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	0.25

NDB_No	Description	Manganese, Mn(mg) Value Per
18433	Danish pastry, lemon, unenriched	0.25
18435	Danish pastry, raspberry, unenriched	0.25
18971	Bread, potato	0.25
01156	Cheese, goat, hard type	0.25
23506	USDA Commodity, beef patties with VPP, frozen, raw	0.25
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	0.25
20117	Noodles, japanese, somen, cooked	0.25
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	0.25
06071	Soup, vegetable beef, canned, condensed	0.25
06217	Soup, vegetable, canned, low sodium, condensed	0.25
06402	Soup, black bean, canned, prepared with equal volume water	0.25
09056	Boysenberries, canned, heavy syrup	0.25
09320	Strawberries, frozen, sweetened, sliced	0.25
11253	Lettuce, green leaf, raw	0.25
02048	Vinegar, cider	0.25
09319	Strawberries, frozen, sweetened, whole	0.25
18011	Biscuits, plain or buttermilk, dry mix, prepared	0.25
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	0.25
21238	McDONALD'S, french fries	0.25
21260	TACO BELL, Original Taco with beef, cheese and lettuce	0.25
09173	Longans, dried	0.25
09449	Nance, frozen, unsweetened	0.25
11487	Squash, winter, butternut, frozen, unprepared	0.25
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	0.25
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	0.25
36612	DENNY'S, golden fried shrimp	0.25
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0.25
11370	Potatoes, hash brown, home-prepared	0.25
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0.25
11965	Cauliflower, green, raw	0.25
21063	Fast foods, burrito, with beans and beef	0.25
21138	Fast foods, potato, french fried in vegetable oil	0.25
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	0.25
36051	ON THE BORDER, cheese quesadilla	0.25
21487	Fast foods, taco with chicken, lettuce and cheese, soft	0.24
36034	Restaurant, family style, chicken tenders	0.24

NDB_No	Description	Manganese, Mn(mg) Value Per
36601	Restaurant, Chinese, egg rolls, assorted	0.24
06404	Soup, bean with pork, canned, prepared with equal volume water	0.24
06449	Soup, pea, green, canned, prepared with equal volume water	0.24
18268	French toast, frozen, ready-to-heat	0.24
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	0.24
11300	Peas, edible-podded, raw	0.24
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0.24
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0.24
11583	Vegetables, mixed, frozen, unprepared	0.24
11591	Watercress, raw	0.24
11009	Artichokes, (globe or french), frozen, unprepared	0.24
11112	Cabbage, red, raw	0.24
11258	Mountain yam, hawaii, raw	0.24
11483	Squash, winter, acorn, cooked, baked, without salt	0.24
11864	Squash, winter, acorn, cooked, baked, with salt	0.24
11967	Cauliflower, green, cooked, no salt added	0.24
11968	Cauliflower, green, cooked, with salt	0.24
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	0.24
21242	WENDY'S, Jr. Hamburger, with cheese	0.24
11605	Beets, harvard, canned, solids and liquids	0.24
11621	Drumstick pods, cooked, boiled, drained, without salt	0.24
11735	Beets, canned, no salt added, solids and liquids	0.24
11787	Drumstick pods, cooked, boiled, drained, with salt	0.24
21010	Fast foods, biscuit, with crispy chicken fillet	0.24
21522	McDONALD'S, Southern Style Chicken Biscuit	0.24
32019	Lasagna, cheese, frozen, unprepared	0.24
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	0.24
36625	Restaurant, Chinese, vegetable lo mein, without meat	0.24
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	0.24
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	0.24
11481	Squash, summer, zucchini, italian style, canned	0.24
15062	Fish, pike, northern, raw	0.24
18106	Coffeecake, fruit	0.24
18175	Cookies, ladyfingers, with lemon juice and rind	0.24
18423	Cookies, ladyfingers, without lemon juice and rind	0.24
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.24

NDB_No	Description	Manganese, Mn(mg) Value Per
19226	Frostings, chocolate, creamy, ready-to-eat	0.24
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	0.24
07957	Pork and turkey sausage, pre-cooked	0.24
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.24
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.24
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.24
36004	APPLEBEE'S, mozzarella sticks	0.24
43143	Cabbage, japanese style, fresh, pickled	0.24
11670	Peppers, hot chili, green, raw	0.24
14311	Beverages, Malted drink mix, natural, powder, dairy based.	0.24
18294	Pancakes, blueberry, prepared from recipe	0.24
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0.24
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	0.24
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0.24
21357	McDONALD'S, Egg McMUFFIN	0.24
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	0.24
36014	Restaurant, family style, french fries	0.24
05326	Chicken breast tenders, breaded, cooked, microwaved	0.24
09032	Apricots, dried, sulfured, uncooked	0.24
11302	Peas, edible-podded, frozen, unprepared	0.24
11322	Peas and carrots, frozen, unprepared	0.24
17213	Veal, variety meats and by-products, pancreas, cooked, braised	0.24
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	0.24
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	0.24
09165	Litchis, dried	0.23
21121	Fast foods, roast beef sandwich, plain	0.23
21527	ARBY'S, roast beef sandwich, classic	0.23
06179	Sauce, fish, ready-to-serve	0.23
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	0.23
11154	Chicory roots, raw	0.23
16018	Beans, black turtle, mature seeds, canned	0.23
16316	Beans, black, mature seeds, canned, low sodium	0.23
18944	Pie, Dutch Apple, Commercially Prepared	0.23
11104	Burdock root, raw	0.23
11209	Eggplant, raw	0.23
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	0.23

NDB_No	Description	Manganese, Mn(mg) Value Per
21422	KFC, Popcorn Chicken	0.23
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	0.23
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.23
36020	T.G.I. FRIDAY'S, chicken fingers	0.23
02050	Vanilla extract	0.23
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	0.23
11208	Dandelion greens, cooked, boiled, drained, without salt	0.23
11238	Mushrooms, shiitake, raw	0.23
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0.23
11782	Dandelion greens, cooked, boiled, drained, with salt	0.23
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0.23
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	0.23
21233	McDONALD'S, Cheeseburger	0.23
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	0.23
05327	Chicken breast tenders, breaded, uncooked	0.23
11216	Ginger root, raw	0.23
11506	Sweet potato leaves, cooked, steamed, without salt	0.23
11740	Broccoli, flower clusters, raw	0.23
11741	Broccoli, stalks, raw	0.23
11874	Sweet potato leaves, cooked, steamed, with salt	0.23
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	0.23
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	0.23
11356	Potatoes, Russet, flesh and skin, baked	0.23
18453	Cake, yellow, light, dry mix	0.23
21401	Fast foods, chicken tenders	0.23
36027	DENNY'S, chicken strips	0.23
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	0.23
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	0.23
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	0.23
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0.23
11099	Brussels sprouts, cooked, boiled, drained, without salt	0.23
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	0.23
11745	Brussels sprouts, cooked, boiled, drained, with salt	0.23
18326	Pie, pumpkin, commercially prepared	0.23
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0.23
15145	Crustaceans, crayfish, mixed species, wild, raw	0.23

NDB_No	Description	Manganese, Mn(mg) Value Per
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	0.23
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	0.22
01070	Dessert topping, powdered	0.22
01239	Ice cream cookie sandwich	0.22
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.22
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	0.22
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	0.22
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	0.22
18254	Doughnuts, yeast-leavened, with creme filling	0.22
18365	Waffles, plain, frozen, ready-to-heat	0.22
18319	Pie, fried pies, fruit	0.22
18444	Pie, fried pies, cherry	0.22
18445	Pie, fried pies, lemon	0.22
18969	Cream puff, eclair, custard or cream filled, iced	0.22
20094	Pasta, fresh-refrigerated, plain, cooked	0.22
22247	Macaroni and Cheese, canned entree	0.22
32005	Macaroni and cheese, box mix with cheese sauce, prepared	0.22
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	0.22
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.22
11113	Cabbage, red, cooked, boiled, drained, without salt	0.22
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	0.22
11267	Mushrooms, shiitake, stir-fried	0.22
11400	Potatoes, frozen, whole, unprepared	0.22
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0.22
11752	Cabbage, red, cooked, boiled, drained, with salt	0.22
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	0.22
16120	Soymilk, original and vanilla, unfortified	0.22
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	0.22
05021	Chicken, broilers or fryers, giblets, cooked, fried	0.22
11311	Peas, green, canned, drained solids, rinsed in tap water	0.22
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0.22
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	0.22
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	0.22
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	0.22
36631	OLIVE GARDEN, spaghetti with meat sauce	0.22
06152	Sauce, pizza, canned, ready-to-serve	0.22

NDB_No	Description	Manganese, Mn(mg) Value Per
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	0.22
14090	Beverages, Coconut water, ready-to-drink, unsweetened	0.22
18280	Muffins, corn, dry mix, prepared	0.22
03206	Babyfood, cookie, baby, fruit	0.22
09095	Figs, dried, stewed	0.22
11255	Lotus root, cooked, boiled, drained, without salt	0.22
11559	Tomato products, canned, sauce, with tomato tidbits	0.22
11576	Turnip greens and turnips, frozen, unprepared	0.22
11609	Beets, pickled, canned, solids and liquids	0.22
11796	Lotus root, cooked, boiled, drained, with salt	0.22
12128	Nuts, ginkgo nuts, dried	0.22
18110	Cake, fruitcake, commercially prepared	0.22
18270	Hush puppies, prepared from recipe	0.22
19039	Snacks, popcorn, caramel-coated, without peanuts	0.22
21263	TACO BELL, Soft Taco with steak	0.22
21313	McDONALD'S, Hot Mustard Sauce	0.22
22919	Macaroni and Cheese, canned, microwavable	0.22
21526	CHICK-FIL-A, chicken sandwich	0.22
06120	Gravy, chicken, dry	0.22
06126	Gravy, turkey, dry	0.22
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	0.22
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0.22
11674	Potatoes, baked, flesh and skin, without salt	0.22
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	0.22
11828	Potatoes, baked, flesh and skin, with salt	0.22
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0.22
14355	Beverages, tea, black, brewed, prepared with tap water	0.22
14544	Beverages, tea, black, brewed, prepared with distilled water	0.22
21102	Fast foods, chicken fillet sandwich, plain with pickles	0.22
03121	Babyfood, vegetables, peas, strained	0.22
06009	Soup, beef noodle, canned, condensed	0.22
11595	Winged beans, immature seeds, raw	0.22
21340	McDONALD'S, Sausage Burrito	0.22
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	0.22
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	0.22
43144	Cabbage, mustard, salted	0.22

NDB_No	Description	Manganese, Mn(mg) Value Per
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.22
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	0.22
21110	Fast foods, hamburger; double, regular, patty; plain	0.22
11052	Beans, snap, green, raw	0.22
11649	Tomato products, canned, sauce, spanish style	0.22
22970	Macaroni and cheese, frozen entree	0.22
32032	Sausage, egg and cheese breakfast biscuit	0.22
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0.22
44158	Pie fillings, blueberry, canned	0.22
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.22
18253	Doughnuts, french crullers, glazed	0.22
18932	Waffles, buttermilk, frozen, ready-to-heat	0.22
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	0.21
11722	Beans, snap, yellow, raw	0.21
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0.21
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0.21
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0.21
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0.21
36411	Restaurant, Latino, tamale, corn	0.21
22401	Spaghetti with meat sauce, frozen entree	0.21
22915	Lasagna with meat & sauce, low-fat, frozen entree	0.21
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0.21
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0.21
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0.21
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0.21
18097	Cake, pudding-type, chocolate, dry mix	0.21
21249	BURGER KING, french fries	0.21
01263	Ice cream, light, soft serve, chocolate	0.21
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	0.21
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0.21
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.21
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	0.21
36630	Restaurant, Italian, spaghetti with meat sauce	0.21
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	0.21
11306	Peas, green, canned, regular pack, solids and liquids	0.21
18237	Cream puff shell, prepared from recipe	0.21

NDB_No	Description	Manganese, Mn(mg) Value Per
11090	Broccoli, raw	0.21
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0.21
11438	Salsify, cooked, boiled, drained, without salt	0.21
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0.21
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	0.21
11852	Salsify, cooked, boiled, drained, with salt	0.21
14405	Beverages, fruit punch juice drink, frozen concentrate	0.21
18133	Cake, sponge, commercially prepared	0.21
18240	Croissants, apple	0.21
18316	Pie, coconut custard, commercially prepared	0.21
18355	Sweet rolls, cheese	0.21
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	0.21
21506	BURGER KING, Double Cheeseburger	0.21
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.21
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	0.21
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0.21
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	0.21
35201	Prairie Turnips, boiled (Northern Plains Indians)	0.21
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	0.21
18019	Bread, banana, prepared from recipe, made with margarine	0.21
18946	Pie crust, refrigerated, regular, baked	0.21
13332	Beef, variety meats and by-products, pancreas, cooked, braised	0.21
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.21
21417	POPEYES, Mild Chicken Strips, analyzed 2006	0.21
22529	Beef Pot Pie, frozen entree, prepared	0.21
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	0.21
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	0.21
28368	SCHAR, Gluten-Free, Classic White Rolls	0.21
18956	Keikitos (muffins), Latino bakery item	0.21
08510	Milk and cereal bar	0.21
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.21
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	0.21
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	0.21
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0.21
21237	McDONALD'S, BIG MAC	0.21
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	0.21

NDB_No	Description	Manganese, Mn(mg) Value Per
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0.21
22904	Chili con carne with beans, canned entree	0.20
22969	Chili with beans, microwavable bowls	0.20
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.20
08092	Cereals, QUAKER, corn grits, instant, plain, dry	0.20
11054	Beans, snap, green, canned, regular pack, solids and liquids	0.20
11110	Cabbage, cooked, boiled, drained, without salt	0.20
11199	Yardlong bean, raw	0.20
11224	Hyacinth-beans, immature seeds, raw	0.20
11751	Cabbage, common, cooked, boiled, drained, with salt	0.20
16104	Bacon, meatless	0.20
18256	Doughnuts, yeast-leavened, with jelly filling	0.20
18373	Leavening agents, cream of tartar	0.20
09314	Sapote, mamey, raw	0.20
11269	Mushrooms, shiitake, cooked, without salt	0.20
11798	Mushrooms, shiitake, cooked, with salt	0.20
11981	Peppers, hungarian, raw	0.20
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.20
21380	McDONALD'S, Fruit 'n Yogurt Parfait	0.20
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	0.20
09052	Blueberries, canned, heavy syrup, solids and liquids	0.20
11018	Asparagus, frozen, unprepared	0.20
11257	Lettuce, red leaf, raw	0.20
11970	Cabbage, napa, cooked	0.20
18390	Pancakes, buttermilk, prepared from recipe	0.20
05172	Turkey, whole, giblets, cooked, simmered	0.20
06957	Gravy, brown instant, dry	0.20
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0.20
11485	Squash, winter, butternut, raw	0.20
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	0.20
19007	Snacks, corn-based, extruded, onion-flavor	0.20
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	0.20
21269	TACO BELL, Nachos Supreme	0.20
21344	McDONALD'S, Double Cheeseburger	0.20
11200	Yardlong bean, cooked, boiled, drained, without salt	0.20
11899	Yardlong bean, cooked, boiled, drained, with salt	0.20

NDB_No	Description	Manganese, Mn(mg) Value Per
18196	Cookies, brownies, dry mix, sugar free	0.20
06010	Soup, cream of celery, canned, condensed	0.20
06011	Soup, cheese, canned, condensed	0.20
06013	Soup, chicken broth, canned, condensed	0.20
06017	Soup, chicken gumbo, canned, condensed	0.20
06045	Soup, onion, canned, condensed	0.20
06046	Soup, cream of onion, canned, condensed	0.20
06061	Soup, tomato beef with noodle, canned, condensed	0.20
06114	Gravy, au jus, canned	0.20
06116	Gravy, beef, canned, ready-to-serve	0.20
06125	Gravy, turkey, canned, ready-to-serve	0.20
06158	Soup, tomato bisque, canned, condensed	0.20
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	0.20
06547	Soup, beef mushroom, canned, prepared with equal volume water	0.20
07040	Liver cheese, pork	0.20
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0.20
11445	Seaweed, kelp, raw	0.20
11932	Beans, snap, yellow, canned, regular pack, drained solids	0.20
11933	Beans, snap, yellow, canned, no salt added, drained solids	0.20
14282	Beverages, grape juice drink, canned	0.20
16021	Beans, cranberry (roman), mature seeds, canned	0.20
18293	Pancakes, plain, prepared from recipe	0.20
18309	Pie, cherry, prepared from recipe	0.20
18374	Leavening agents, yeast, baker's, compressed	0.20
21254	BURGER KING, DOUBLE WHOPPER, no cheese	0.20
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	0.20
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	0.20
05022	Chicken, broilers or fryers, giblets, cooked, simmered	0.20
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0.20
21234	McDONALD'S, QUARTER POUNDER	0.20
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	0.20
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	0.20
18327	Pie, pumpkin, prepared from recipe	0.20
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	0.20
21306	Fast foods, griddle cake sandwich, sausage	0.20
21328	McDONALD'S, Sausage McGRIDDLES	0.20

NDB_No	Description	Manganese, Mn(mg) Value Per
21395	Fast foods, cheeseburger; double, regular patty; with condiments	0.20
22910	Lasagna, cheese, frozen, prepared	0.20
11137	Cauliflower, frozen, unprepared	0.20
18139	Cake, white, prepared from recipe without frosting	0.20
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0.20
08113	Cereals, farina, enriched, cooked with water, without salt	0.20
08173	Cereals, farina, enriched, cooked with water, with salt	0.20
09307	Rhubarb, raw	0.20
11953	Squash, zucchini, baby, raw	0.20
21245	WENDY'S, Ultimate Chicken Grill Sandwich	0.20
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	0.19
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.19
11091	Broccoli, cooked, boiled, drained, without salt	0.19
11742	Broccoli, cooked, boiled, drained, with salt	0.19
36017	Restaurant, family style, macaroni & cheese, from kids' menu	0.19
22977	Lasagna with meat sauce, frozen, prepared	0.19
11660	Tomatoes, red, ripe, cooked, stewed	0.19
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	0.19
20098	Pasta, homemade, made without egg, cooked	0.19
21202	Fast foods, hamburger, large, single patty, with condiments	0.19
05138	Chicken, capons, giblets, cooked, simmered	0.19
21002	Fast foods, biscuit, with egg	0.19
21022	Fast foods, english muffin, with egg, cheese, and sausage	0.19
22956	Lasagna, Vegetable, frozen, baked	0.19
06142	Sauce, sofrito, prepared from recipe	0.19
11957	Fennel, bulb, raw	0.19
18144	Cake, yellow, enriched, dry mix	0.19
18420	Cake, yellow, unenriched, dry mix	0.19
05171	Turkey, whole, giblets, raw	0.19
11119	Cabbage, chinese (pe-tsai), raw	0.19
15142	Crustaceans, crab, blue, crab cakes, home recipe	0.19
18105	Coffeecake, creme-filled with chocolate frosting	0.19
18146	Cake, yellow, prepared from recipe without frosting	0.19
18171	Cookies, fortune	0.19
18314	Pie, coconut cream, prepared from mix, no-bake type	0.19
18354	Strudel, apple	0.19

NDB_No	Description	Manganese, Mn(mg) Value Per
21246	WENDY'S, Chicken Nuggets	0.19
11149	Chayote, fruit, raw	0.19
11357	Potatoes, white, flesh and skin, baked	0.19
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	0.19
21359	McDONALD'S, Sausage McMUFFIN with Egg	0.19
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	0.19
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	0.19
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	0.19
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0.19
09446	Plantains, green, fried	0.19
11001	Alfalfa seeds, sprouted, raw	0.19
11043	Mung beans, mature seeds, sprouted, raw	0.19
11551	Tomato products, canned, sauce, with mushrooms	0.19
11555	Tomato products, canned, sauce, with herbs and cheese	0.19
18269	French toast, prepared from recipe, made with low fat (2%) milk	0.19
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0.19
11644	Squash, winter, all varieties, cooked, baked, without salt	0.19
11819	Peppers, hot chili, red, raw	0.19
11863	Squash, winter, all varieties, cooked, baked, with salt	0.19
11977	Peppers, serrano, raw	0.19
21078	Fast foods, nachos, with cheese	0.19
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	0.19
21268	TACO BELL, Nachos	0.19
22906	Chicken pot pie, frozen entree, prepared	0.19
36055	Restaurant, Italian, cheese ravioli with marinara sauce	0.19
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	0.19
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	0.19
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	0.19
36412	Restaurant, Latino, tamale, pork	0.19
06959	Gravy, instant turkey, dry	0.19
09084	Currants, red and white, raw	0.19
11991	Yautia (tannier), raw	0.19
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	0.19
21003	Fast foods, biscuit, with egg and bacon	0.19
01137	Egg, yolk, dried	0.18
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	0.18

NDB_No	Description	Manganese, Mn(mg) Value Per
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	0.18
18302	Pie, apple, prepared from recipe	0.18
19360	Syrups, table blends, pancake, with 2% maple	0.18
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	0.18
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.18
14278	Beverages, tea, green, brewed, regular	0.18
17199	Lamb, variety meats and by-products, liver, raw	0.18
19013	Snacks, fruit leather, pieces	0.18
19014	Snacks, fruit leather, rolls	0.18
21014	Fast foods, croissant, with egg, cheese, and sausage	0.18
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	0.18
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0.18
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	0.18
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0.18
11693	Tomatoes, crushed, canned	0.18
20097	Pasta, homemade, made with egg, cooked	0.18
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	0.18
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	0.18
09427	Abiyuch, raw	0.18
11029	Beans, kidney, mature seeds, sprouted, raw	0.18
15027	Fish, fish sticks, frozen, prepared	0.18
18301	Pie, apple, commercially prepared, enriched flour	0.18
18443	Pie, apple, commercially prepared, unenriched flour	0.18
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	0.18
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.18
36607	CRACKER BARREL, steak fries	0.18
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	0.18
18948	Pie crust, refrigerated, regular, unbaked	0.18
21092	Fast foods, cheeseburger; double, regular patty; plain	0.18
03053	Babyfood, dinner, vegetables and beef, strained	0.18
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.18
09079	Cranberries, dried, sweetened	0.18
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0.18
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0.18
11114	Cabbage, savoy, raw	0.18
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	0.18

NDB_No	Description	Manganese, Mn(mg) Value Per
21252	BURGER KING, WHOPPER, no cheese	0.18
21253	BURGER KING, WHOPPER, with cheese	0.18
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.18
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	0.18
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	0.18
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	0.18
36610	DENNY'S, french fries	0.18
11250	Lettuce, butterhead (includes boston and bibb types), raw	0.18
11489	Squash, winter, hubbard, raw	0.18
21009	Fast foods, biscuit, with sausage	0.18
12004	Seeds, breadnut tree seeds, raw	0.18
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	0.18
21011	Fast foods, croissant, with egg and cheese	0.18
21112	Fast foods, hamburger; single, large patty; plain	0.18
22916	Lasagna with meat & sauce, frozen entree	0.18
27057	Sauce, barbecue, KC MASTERPIECE, original	0.18
05128	Chicken, stewing, giblets, cooked, simmered	0.18
09109	Gooseberries, canned, light syrup pack, solids and liquids	0.18
11477	Squash, summer, zucchini, includes skin, raw	0.18
18305	Pie, blueberry, commercially prepared	0.18
21324	McDONALD'S, Baked Apple Pie	0.18
21387	BURGER KING, Hash Brown Rounds	0.18
22899	Ravioli, cheese-filled, canned	0.18
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	0.18
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	0.18
11641	Squash, summer, all varieties, raw	0.18
11697	Arrowroot, raw	0.17
20022	Cornmeal, degermed, enriched, yellow	0.17
20322	Cornmeal, degermed, enriched, white	0.17
20422	Cornmeal, degermed, unenriched, yellow	0.17
20522	Cornmeal, degermed, unenriched, white	0.17
21235	McDONALD'S, QUARTER POUNDER with Cheese	0.17
21361	McDONALD'S, Sausage Biscuit	0.17
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	0.17
27048	Sauce, steak, tomato based	0.17
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	0.17

NDB_No	Description	Manganese, Mn(mg) Value Per
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	0.17
32031	Salisbury steak with gravy, frozen	0.17
35147	Tamales (Navajo)	0.17
21507	WENDY'S, Double Stack, with cheese	0.17
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	0.17
36622	Restaurant, Chinese, sweet and sour pork	0.17
43541	Ice creams, chocolate, rich	0.17
11358	Potatoes, red, flesh and skin, baked	0.17
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.17
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0.17
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.17
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	0.17
09448	Nance, canned, syrup, drained	0.17
11467	Squash, summer, crookneck and straightneck, raw	0.17
11486	Squash, winter, butternut, cooked, baked, without salt	0.17
11866	Squash, winter, butternut, cooked, baked, with salt	0.17
18103	Coffeecake, cheese	0.17
19144	Candies, NESTLE, 100 GRAND Bar	0.17
21012	Fast foods, croissant, with egg, cheese, and bacon	0.17
21059	Fast foods, shrimp, breaded and fried	0.17
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	0.17
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	0.17
22973	Corn dogs, frozen, prepared	0.17
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.17
07006	Bockwurst, pork, veal, raw	0.17
11130	Carrots, frozen, unprepared	0.17
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	0.17
11015	Asparagus, canned, drained solids	0.17
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	0.17
11490	Squash, winter, hubbard, baked, without salt	0.17
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	0.17
11868	Squash, winter, hubbard, baked, with salt	0.17
18155	Cookies, butter, commercially prepared, enriched	0.17
18421	Cookies, butter, commercially prepared, unenriched	0.17
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	0.17
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.17

NDB_No	Description	Manganese, Mn(mg) Value Per
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	0.17
09014	Apples, frozen, unsweetened, unheated	0.17
11150	Chayote, fruit, cooked, boiled, drained, without salt	0.17
11547	Tomato products, canned, puree, without salt added	0.17
11766	Chayote, fruit, cooked, boiled, drained, with salt	0.17
11888	Tomato products, canned, puree, with salt added	0.17
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	0.17
11301	Peas, edible-podded, boiled, drained, without salt	0.17
11526	Taro, tahitian, cooked, without salt	0.17
11809	Peas, edible-podded, cooked, boiled, drained, with salt	0.17
11881	Taro, tahitian, cooked, with salt	0.17
16029	Beans, kidney, all types, mature seeds, canned	0.17
36030	DENNY'S, hash browns	0.17
36039	Restaurant, family style, hash browns	0.17
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.17
11131	Carrots, frozen, cooked, boiled, drained, without salt	0.17
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0.17
11482	Squash, winter, acorn, raw	0.17
11760	Carrots, frozen, cooked, boiled, drained, with salt	0.17
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0.17
18134	Cake, sponge, prepared from recipe	0.17
19137	Toppings, strawberry	0.17
21083	Fast foods, taco salad	0.17
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	0.17
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0.17
11372	Potatoes, scalloped, home-prepared with butter	0.17
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0.17
11844	Potatoes, scalloped, home-prepared with margarine	0.17
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	0.17
05354	USDA Commodity, turkey taco meat, frozen, cooked	0.16
06030	Soup, clam chowder, new england, canned, condensed	0.16
09008	Apples, canned, sweetened, sliced, drained, heated	0.16
19263	Frozen novelties, fruit and juice bars	0.16
21006	Fast foods, biscuit with egg and steak	0.16
19102	Candies, fudge, peanut butter, prepared-from-recipe	0.16
05137	Chicken, capons, giblets, raw	0.16

NDB_No	Description	Manganese, Mn(mg) Value Per
11056	Beans, snap, green, canned, regular pack, drained solids	0.16
11167	Corn, sweet, yellow, raw	0.16
11643	Squash, winter, all varieties, raw	0.16
11729	Beans, snap, green, canned, no salt added, drained solids	0.16
12158	Seeds, breadfruit seeds, roasted	0.16
21144	CHICK-FIL-A, hash browns	0.16
21398	Fast foods, cheeseburger; single, large patty; with condiments	0.16
22914	Pasta with tomato sauce, no meat, canned	0.16
07053	Pate, chicken liver, canned	0.16
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0.16
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	0.16
11363	Potatoes, baked, flesh, without salt	0.16
11373	Potatoes, au gratin, home-prepared from recipe using butter	0.16
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0.16
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0.16
11590	Waterchestnuts, chinese, canned, solids and liquids	0.16
11829	Potatoes, baked, flesh, with salt	0.16
11843	Potatoes, au gratin, home-prepared from recipe using margarine	0.16
11900	Corn, sweet, white, raw	0.16
14279	Beverages, tea, black, ready-to-drink, peach, diet	0.16
18310	Pie, chocolate creme, commercially prepared	0.16
19387	Frozen novelties, ice type, pineapple-coconut	0.16
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	0.16
36029	DENNY'S, fish fillet, battered or breaded, fried	0.16
35237	Tamales, masa and pork filling (Hopi)	0.16
03068	Babyfood, dinner, chicken noodle, strained	0.16
03169	Babyfood, apple-cranberry juice	0.16
11109	Cabbage, raw	0.16
11291	Onions, spring or scallions (includes tops and bulb), raw	0.16
11297	Parsley, fresh	0.16
11335	Peppers, sweet, green, canned, solids and liquids	0.16
11503	Swamp cabbage, (skunk cabbage), raw	0.16
11916	Peppers, sweet, red, canned, solids and liquids	0.16
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	0.16
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	0.16
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	0.16

NDB_No	Description	Manganese, Mn(mg) Value Per
09260	Pears, dried, sulfured, stewed, without added sugar	0.16
11116	Cabbage, chinese (pak-choi), raw	0.16
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0.16
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	0.16
21004	Fast foods, biscuit, with egg and ham	0.16
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	0.16
36620	Restaurant, Chinese, shrimp and vegetables	0.16
11011	Asparagus, raw	0.16
11141	Celeriac, raw	0.16
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0.16
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0.16
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	0.16
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	0.16
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	0.16
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	0.16
14241	Beverages, cranberry-grape juice drink, bottled	0.16
15115	Fish, trout, rainbow, wild, raw	0.16
21026	Fast foods, potatoes, hash browns, round pieces or patty	0.16
10115	Pork, fresh, variety meats and by-products, pancreas, raw	0.16
11028	Bamboo shoots, canned, drained solids	0.16
11353	Potatoes, russet, flesh and skin, raw	0.16
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0.16
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.16
11475	Squash, summer, scallop, raw	0.16
11525	Taro, tahitian, raw	0.16
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0.16
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	0.16
27047	Sauce, salsa, verde, ready-to-serve	0.16
36056	Restaurant, Mexican, cheese tamales	0.16
07002	Beerwurst, beer salami, pork and beef	0.16
07014	Braunschweiger (a liver sausage), pork	0.16
07041	Liver sausage, liverwurst, pork	0.16
07911	Liverwurst spread	0.16
07931	Beerwurst, pork and beef	0.16
07936	Bologna, pork and turkey, lite	0.16
09428	Rowal, raw	0.16

NDB_No	Description	Manganese, Mn(mg) Value Per
11125	Carrots, cooked, boiled, drained, without salt	0.16
11135	Cauliflower, raw	0.16
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.16
11251	Lettuce, cos or romaine, raw	0.16
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0.16
11757	Carrots, cooked, boiled, drained, with salt	0.16
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0.16
14376	Beverages, tea, instant, lemon, diet	0.16
21023	Fast foods, french toast with butter	0.16
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	0.16
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	0.16
36043	CARRABBA'S ITALIAN GRILL, lasagne	0.16
06401	Soup, cream of asparagus, canned, prepared with equal volume water	0.15
06416	Soup, cream of chicken, canned, prepared with equal volume water	0.15
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	0.15
06453	Soup, cream of potato, canned, prepared with equal volume water	0.15
06958	Gravy, instant beef, dry	0.15
11012	Asparagus, cooked, boiled, drained	0.15
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.15
11705	Asparagus, cooked, boiled, drained, with salt	0.15
18935	Waffle, plain, frozen, ready-to-heat, microwave	0.15
03303	Babyfood, dinner, sweet potatoes and chicken, strained	0.15
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	0.15
06216	Soup, cream of chicken, canned, prepared with equal volume milk	0.15
06253	Soup, cream of potato, canned, prepared with equal volume milk	0.15
09007	Apples, canned, sweetened, sliced, drained, unheated	0.15
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0.15
11283	Onions, cooked, boiled, drained, without salt	0.15
11352	Potatoes, flesh and skin, raw	0.15
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0.15
11805	Onions, cooked, boiled, drained, with salt	0.15
11954	Tomatillos, raw	0.15
20092	Pasta, gluten-free, corn, cooked	0.15
21319	McDONALD'S, Hash Brown	0.15
36621	Restaurant, Chinese, sweet and sour chicken	0.15
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	0.15

NDB_No	Description	Manganese, Mn(mg) Value Per
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	0.15
06440	Soup, minestrone, canned, prepared with equal volume water	0.15
06448	Soup, oyster stew, canned, prepared with equal volume water	0.15
11013	Asparagus, canned, regular pack, solids and liquids	0.15
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0.15
11707	Asparagus, canned, no salt added, solids and liquids	0.15
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0.15
18304	Pie, banana cream, prepared from recipe	0.15
18323	Pie, peach	0.15
05127	Chicken, stewing, giblets, raw	0.15
06248	Soup, oyster stew, canned, prepared with equal volume milk	0.15
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	0.15
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	0.15
09261	Pears, dried, sulfured, stewed, with added sugar	0.15
09294	Prune juice, canned	0.15
11439	Sauerkraut, canned, solids and liquids	0.15
11960	Carrots, baby, raw	0.15
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.15
17212	Veal, variety meats and by-products, pancreas, raw	0.15
21111	Fast foods, hamburger; double, regular patty; with condiments	0.15
36028	DENNY'S, coleslaw	0.15
01134	Egg, whole, dried, stabilized, glucose reduced	0.15
03073	Babyfood, dinner, vegetables chicken, strained	0.15
03122	Babyfood, peas, dices, toddler	0.15
06080	Soup, chicken broth or bouillon, dry	0.15
06423	Soup, chicken with rice, canned, prepared with equal volume water	0.15
06456	Soup, cream of shrimp, canned, prepared with equal volume water	0.15
06463	Soup, tomato rice, canned, prepared with equal volume water	0.15
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	0.15
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0.15
09139	Guavas, common, raw	0.15
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0.15
11292	Onions, young green, tops only	0.15
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0.15
13331	Beef, variety meats and by-products, pancreas, raw	0.15
15139	Crustaceans, crab, blue, raw	0.15

NDB_No	Description	Manganese, Mn(mg) Value Per
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	0.15
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0.15
05020	Chicken, broilers or fryers, giblets, raw	0.15
09038	Avocados, raw, California	0.15
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	0.15
11424	Pumpkin, canned, without salt	0.15
11846	Pumpkin, canned, with salt	0.15
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	0.15
36059	Restaurant, Italian, chicken parmesan without pasta	0.15
21364	McDONALD'S, Hotcakes and Sausage	0.15
27051	Sauce, cocktail, ready-to-serve	0.15
36021	APPLEBEE'S, coleslaw	0.15
36035	Restaurant, family style, coleslaw	0.15
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	0.15
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	0.15
09174	Loquats, raw	0.15
05116	Chicken, roasting, giblets, cooked, simmered	0.15
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	0.15
09054	Blueberries, frozen, unsweetened	0.15
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.15
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0.15
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	0.15
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	0.15
36603	Restaurant, Chinese, beef and vegetables	0.15
06631	Sauce, hot chile, sriracha	0.15
09015	Apples, frozen, unsweetened, heated	0.15
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.15
11390	Potatoes, hash brown, frozen, plain, unprepared	0.15
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0.15
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0.15
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	0.15
15242	Crustaceans, crayfish, mixed species, farmed, raw	0.15
18082	Bread stuffing, bread, dry mix, prepared	0.15
08090	Cereals, corn grits, white, regular and quick, enriched, dry	0.14
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	0.14
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	0.14

NDB_No	Description	Manganese, Mn(mg) Value Per
11354	Potatoes, white, flesh and skin, raw	0.14
21013	Fast foods, croissant, with egg, cheese, and ham	0.14
21101	Fast foods, cheeseburger; triple, regular patty; plain	0.14
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	0.14
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	0.14
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0.14
22912	Spaghetti, with meatballs in tomato sauce, canned	0.14
36025	CRACKER BARREL, coleslaw	0.14
03279	Babyfood, dinner, mixed vegetable, junior	0.14
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	0.14
04686	Salad dressing, honey mustard dressing, reduced calorie	0.14
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0.14
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0.14
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0.14
09107	Gooseberries, raw	0.14
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.14
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.14
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	0.14
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	0.14
11124	Carrots, raw	0.14
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	0.14
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	0.14
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	0.14
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	0.14
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	0.14
01205	Cream substitute, flavored, liquid	0.14
09006	Apples, raw, without skin, cooked, microwave	0.14
09037	Avocados, raw, all commercial varieties	0.14
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	0.14
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0.14
11242	Kohlrabi, cooked, boiled, drained, without salt	0.14
11266	Mushrooms, brown, italian, or crimini, raw	0.14
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0.14
11793	Kohlrabi, cooked, boiled, drained, with salt	0.14
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0.14
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0.14

NDB_No	Description	Manganese, Mn(mg) Value Per
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.14
12001	Seeds, breadfruit seeds, raw	0.14
12119	Nuts, coconut water (liquid from coconuts)	0.14
13323	Beef, variety meats and by-products, kidneys, raw	0.14
18087	Cake, angelfood, dry mix	0.14
04707	Oil, flaxseed, contains added sliced flaxseed	0.14
11355	Potatoes, red, flesh and skin, raw	0.14
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	0.14
01206	Cream substitute, flavored, powdered	0.14
03059	Babyfood, dinner, vegetables and bacon, strained	0.14
03061	Babyfood, dinner, vegetables and ham, strained	0.14
03084	Babyfood, dinner, vegetables and turkey, strained	0.14
03290	Babyfood, carrots and beef, strained	0.14
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0.14
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.14
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0.14
11709	Asparagus, frozen, cooked, boiled, drained, with salt	0.14
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.14
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0.14
14430	Cranberry juice cocktail, frozen concentrate	0.14
15160	Mollusks, clam, mixed species, canned, drained solids	0.14
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	0.14
16004	Yokan, prepared from adzuki beans and sugar	0.14
18147	Cheesecake commercially prepared	0.14
18292	Pancakes, plain, dry mix, incomplete, prepared	0.14
18308	Pie, cherry, commercially prepared	0.14
19071	Candies, carob, unsweetened	0.14
19270	Ice creams, chocolate	0.14
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	0.14
19899	Ice creams, regular, low carbohydrate, chocolate	0.14
20015	Corn bran, crude	0.14
21255	BURGER KING, DOUBLE WHOPPER, with cheese	0.14
21309	McDONALD'S, Chicken McNUGGETS	0.14
31021	Potatoes, hash brown, refrigerated, unprepared	0.14
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	0.14
36041	Restaurant, Italian, lasagna with meat	0.14

NDB_No	Description	Manganese, Mn(mg) Value Per
11241	Kohlrabi, raw	0.14
18117	Cake, pudding-type, marble, dry mix	0.14
06159	Soup, tomato, canned, condensed	0.14
06377	CAMPBELL'S, Tomato Soup, condensed	0.14
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	0.14
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0.14
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0.14
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0.14
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0.14
11952	Radicchio, raw	0.14
21005	Fast Foods, biscuit, with egg and sausage	0.14
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.14
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	0.14
18451	Cake, pound, commercially prepared, fat-free	0.14
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	0.14
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	0.14
27064	Wasabi	0.14
27056	Sauce, barbecue, BULL'S-EYE, original	0.14
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	0.14
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	0.14
21007	Fast foods, biscuit, with egg, cheese, and bacon	0.14
09149	Kumquats, raw	0.14
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	0.14
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	0.14
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	0.14
11564	Turnips, raw	0.13
16059	Chili with beans, canned	0.13
21243	WENDY'S, CLASSIC DOUBLE, with cheese	0.13
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	0.13
21396	Fast foods, cheeseburger; double, large patty; with condiments	0.13
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	0.13
11136	Cauliflower, cooked, boiled, drained, without salt	0.13
11537	Tomatoes, red, ripe, canned, with green chilies	0.13
11761	Cauliflower, cooked, boiled, drained, with salt	0.13
12003	Seeds, breadfruit seeds, boiled	0.13
14096	Alcoholic beverage, wine, table, red	0.13

NDB_No	Description	Manganese, Mn(mg) Value Per
14602	Alcoholic Beverage, wine, table, red, Merlot	0.13
19300	Jellies	0.13
02069	Vinegar, balsamic	0.13
04704	Salad dressing, poppyseed, creamy	0.13
09292	Plums, dried (prunes), stewed, without added sugar	0.13
11435	Rutabagas, raw	0.13
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	0.13
14253	Alcoholic beverages, wine, rose	0.13
21362	McDONALD'S, Sausage Biscuit with Egg	0.13
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	0.13
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	0.13
35009	Whale, beluga, meat, dried (Alaska Native)	0.13
36040	CRACKER BARREL, macaroni n' cheese	0.13
03044	Babyfood, dinner, macaroni and tomato and beef, strained	0.13
03082	Babyfood, dinner, turkey and rice, strained	0.13
05115	Chicken, roasting, giblets, raw	0.13
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	0.13
11523	Taro shoots, cooked, without salt	0.13
11655	Carrot juice, canned	0.13
11880	Taro, shoots, cooked, with salt	0.13
15133	Fish, whiting, mixed species, cooked, dry heat	0.13
19186	Desserts, apple crisp, prepared-from-recipe	0.13
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	0.13
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	0.13
11182	Corn, yellow, whole kernel, frozen, microwaved	0.13
11282	Onions, raw	0.13
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	0.13
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0.13
36049	ON THE BORDER, cheese enchilada	0.13
36058	OLIVE GARDEN, chicken parmigiana without pasta	0.13
36404	Restaurant, Latino, arroz con leche (rice pudding)	0.13
09009	Apples, dehydrated (low moisture), sulfured, uncooked	0.13
09089	Figs, raw	0.13
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0.13
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	0.13
18151	Cookies, brownies, commercially prepared	0.13

NDB_No	Description	Manganese, Mn(mg) Value Per
18321	Pie, lemon meringue, prepared from recipe	0.13
18328	Pie, vanilla cream, prepared from recipe	0.13
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	0.13
11399	Potato puffs, frozen, oven-heated	0.13
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0.13
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0.13
17198	Veal, variety meats and by-products, kidneys, cooked, braised	0.13
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0.13
36626	Restaurant, Chinese, chicken and vegetables	0.13
02055	Horseradish, prepared	0.13
06150	Sauce, barbecue	0.13
06307	Sauce, barbecue, KRAFT, original	0.13
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.13
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.13
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0.13
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.12
06471	Soup, vegetable beef, canned, prepared with equal volume water	0.12
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	0.12
11252	Lettuce, iceberg (includes crisphead types), raw	0.12
11289	Onions, frozen, whole, unprepared	0.12
11422	Pumpkin, raw	0.12
11492	Squash, winter, spaghetti, raw	0.12
14240	Beverages, cranberry-apricot juice drink, bottled	0.12
18312	Pie, chocolate mousse, prepared from mix, no-bake type	0.12
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	0.12
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	0.12
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.12
14084	Alcoholic beverage, wine, table, all	0.12
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0.12
10106	Pork, fresh, variety meats and by-products, kidneys, raw	0.12
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0.12
11231	Jute, potherb, raw	0.12
11232	Jute, potherb, cooked, boiled, drained, without salt	0.12
11789	Jute, potherb, cooked, boiled, drained, with salt	0.12
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	0.12
11333	Peppers, sweet, green, raw	0.12

NDB_No	Description	Manganese, Mn(mg) Value Per
11522	Taro shoots, raw	0.12
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	0.12
21420	KFC, Coleslaw	0.12
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	0.12
05176	Turkey, heart, all classes, cooked, simmered	0.12
11671	Potatoes, o'brien, home-prepared	0.12
19393	Frozen yogurts, chocolate, soft-serve	0.12
21143	CHICK-FIL-A, Chick-n-Strips	0.12
03047	Babyfood, dinner, beef noodle, strained	0.12
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	0.12
03083	Babyfood, dinner, turkey and rice, junior	0.12
03114	Babyfood, vegetable, butternut squash and corn	0.12
03298	Babyfood, dinner, broccoli and chicken, junior	0.12
04023	Salad dressing, thousand island dressing, reduced fat	0.12
05282	Pate de foie gras, canned (goose liver pate), smoked	0.12
06037	Soup, lentil with ham, canned, ready-to-serve	0.12
07054	Pate, goose liver, smoked, canned	0.12
07055	Pate, liver, not specified, canned	0.12
07942	Pate, truffle flavor	0.12
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	0.12
11696	Tomatoes, yellow, raw	0.12
13337	Beef, variety meats and by-products, thymus, raw	0.12
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	0.12
14190	Beverages, tea, green, ready-to-drink, diet	0.12
18148	Cheesecake prepared from mix, no-bake type	0.12
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	0.12
43311	Potatoes, canned, drained solids, no salt added	0.12
21341	McDONALD'S, BIG BREAKFAST	0.12
09286	Pomegranates, raw	0.12
11657	Potatoes, mashed, home-prepared, whole milk added	0.12
14057	Alcoholic beverage, wine, dessert, sweet	0.12
14536	Alcoholic beverage, wine, dessert, dry	0.12
09005	Apples, raw, without skin, cooked, boiled	0.12
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	0.12
17195	Lamb, variety meats and by-products, kidneys, raw	0.12
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	0.12

NDB_No	Description	Manganese, Mn(mg) Value Per
19183	Puddings, chocolate, ready-to-eat	0.12
36050	Restaurant, Mexican, cheese enchilada	0.12
11337	Peppers, sweet, green, frozen, chopped, unprepared	0.12
11917	Peppers, sweet, red, frozen, chopped, unprepared	0.12
11951	Peppers, sweet, yellow, raw	0.12
14106	Alcoholic beverage, wine, table, white	0.12
14160	Alcoholic beverage, wine, table, white, Chardonnay	0.12
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	0.12
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0.12
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0.12
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0.12
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	0.12
04706	Dressing, honey mustard, fat-free	0.12
09077	Crabapples, raw	0.12
11261	Mushrooms, white, cooked, boiled, drained, without salt	0.12
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0.12
11797	Mushrooms, white, cooked, boiled, drained, with salt	0.12
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0.12
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0.12
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0.12
11921	Peppers, sweet, red, sauteed	0.12
06151	Sauce, plum, ready-to-serve	0.11
11529	Tomatoes, red, ripe, raw, year round average	0.11
11632	Peppers, jalapeno, canned, solids and liquids	0.11
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	0.11
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0.11
18085	Bread stuffing, cornbread, dry mix, prepared	0.11
20134	Rice noodles, cooked	0.11
11027	Bamboo shoots, cooked, boiled, drained, without salt	0.11
11210	Eggplant, cooked, boiled, drained, without salt	0.11
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0.11
11549	Tomato products, canned, sauce	0.11
11712	Bamboo shoots, cooked, boiled, drained, with salt	0.11
11783	Eggplant, cooked, boiled, drained, with salt	0.11
11987	Mushrooms, oyster, raw	0.11
12127	Nuts, ginkgo nuts, raw	0.11

NDB_No	Description	Manganese, Mn(mg) Value Per
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	0.11
27055	Sauce, barbecue, SWEET BABY RAY'S, original	0.11
36042	OLIVE GARDEN, lasagna classico	0.11
43217	Tomato sauce, canned, no salt added	0.11
22971	Potato salad with egg	0.11
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	0.11
06164	Sauce, salsa, ready-to-serve	0.11
09063	Cherries, sour, red, raw	0.11
11821	Peppers, sweet, red, raw	0.11
04638	Salad dressing, ranch dressing, fat-free	0.11
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	0.11
07058	Pickle and pimiento loaf, pork	0.11
11398	Potato puffs, frozen, unprepared	0.11
19002	Snacks, beef jerky, chopped and formed	0.11
01074	Sour cream, imitation, cultured	0.11
03274	Babyfood, dinner, vegetables and chicken, junior	0.11
04020	Salad dressing, french dressing, reduced fat	0.11
04142	Salad dressing, french dressing, reduced fat, without salt	0.11
15163	Mollusks, cuttlefish, mixed species, raw	0.11
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0.11
20068	Tapioca, pearl, dry	0.11
21034	Fast foods, sundae, strawberry	0.11
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	0.11
21120	Fast foods, hotdog, with corn flour coating (corndog)	0.11
21316	McDONALD'S, Tangy Honey Mustard Sauce	0.11
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	0.11
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.11
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	0.11
06409	Soup, beef noodle, canned, prepared with equal volume water	0.11
09076	Cherries, sweet, frozen, sweetened	0.11
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.11
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0.11
16006	Beans, baked, canned, plain or vegetarian	0.11
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	0.11
09143	Guava sauce, cooked	0.11
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	0.11

NDB_No	Description	Manganese, Mn(mg) Value Per
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.11
43016	Salad dressing, coleslaw	0.11
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.11
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.11
27049	Sauce, tartar, ready-to-serve	0.11
05026	Chicken, heart, all classes, cooked, simmered	0.11
06169	Sauce, ready-to-serve, pepper, TABASCO	0.11
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0.11
18303	Pie, banana cream, prepared from mix, no-bake type	0.11
03054	Babyfood, dinner, vegetables and beef, junior	0.11
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	0.11
11144	Celery, cooked, boiled, drained, without salt	0.11
11764	Celery, cooked, boiled, drained, with salt	0.11
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	0.11
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.11
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.11
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.10
11530	Tomatoes, red, ripe, cooked	0.10
11884	Tomatoes, red, ripe, cooked, with salt	0.10
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	0.10
18112	Cake, pudding-type, german chocolate, dry mix	0.10
19177	Gelatins, dry powder, unsweetened	0.10
20025	Cornmeal, yellow, self-rising, degermed, enriched	0.10
06411	Soup, cheese, canned, prepared with equal volume water	0.10
06558	Soup, tomato bisque, canned, prepared with equal volume water	0.10
09290	Prunes, dehydrated (low-moisture), stewed	0.10
15132	Fish, whiting, mixed species, raw	0.10
06211	Soup, cheese, canned, prepared with equal volume milk	0.10
06358	Soup, tomato bisque, canned, prepared with equal volume milk	0.10
06410	Soup, cream of celery, canned, prepared with equal volume water	0.10
06417	Soup, chicken gumbo, canned, prepared with equal volume water	0.10
06465	Soup, turkey noodle, canned, prepared with equal volume water	0.10
11143	Celery, raw	0.10
23640	Beef, variety meats and by-products, tripe, cooked, simmered	0.10
05175	Turkey, heart, all classes, raw	0.10
06210	Soup, cream of celery, canned, prepared with equal volume milk	0.10

NDB_No	Description	Manganese, Mn(mg) Value Per
06413	Soup, chicken broth, canned, prepared with equal volume water	0.10
06466	Soup, turkey vegetable, canned, prepared with equal volume water	0.10
09177	Mangosteen, canned, syrup pack	0.10
11285	Onions, canned, solids and liquids	0.10
11286	Onions, yellow, sauteed	0.10
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	0.10
21127	Fast foods, coleslaw	0.10
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.10
11228	Jew's ear, (pepeao), raw	0.10
11414	Potato salad, home-prepared	0.10
19114	Ice creams, chocolate, light	0.10
01159	Cheese, goat, soft type	0.10
02047	Salt, table	0.10
03069	Babyfood, dinner, chicken noodle, junior	0.10
03147	Babyfood, fruit, applesauce with banana, junior	0.10
06015	Soup, chicken, canned, chunky, ready-to-serve	0.10
06022	Soup, chicken rice, canned, chunky, ready-to-serve	0.10
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	0.10
06042	Soup, mushroom barley, canned, condensed	0.10
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	0.10
06064	Soup, turkey, chunky, canned, ready-to-serve	0.10
06070	Soup, chunky beef, canned, ready-to-serve	0.10
06149	Soup, chicken mushroom, canned, condensed	0.10
06246	Soup, cream of onion, canned, prepared with equal volume milk	0.10
06446	Soup, cream of onion, canned, prepared with equal volume water	0.10
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	0.10
06549	Soup, chicken mushroom, canned, prepared with equal volume water	0.10
11151	Chicory, witloof, raw	0.10
11527	Tomatoes, green, raw	0.10
11567	Turnips, frozen, cooked, boiled, drained, without salt	0.10
11889	Turnips, cooked, boiled, drained, with salt	0.10
11890	Turnips, frozen, cooked, boiled, drained, with salt	0.10
11976	Pepper, banana, raw	0.10
15002	Fish, anchovy, european, canned in oil, drained solids	0.10
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	0.10
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.10

NDB_No	Description	Manganese, Mn(mg) Value Per
16125	Soy sauce made from hydrolyzed vegetable protein	0.10
19109	Candies, KIT KAT Wafer Bar	0.10
19349	Syrups, corn, dark	0.10
19352	Syrups, malt	0.10
21119	Fast foods, hotdog, with chili	0.10
13338	Beef, variety meats and by-products, thymus, cooked, braised	0.10
36623	Restaurant, Chinese, chicken chow mein	0.10
05174	Turkey, gizzard, all classes, cooked, simmered	0.10
06019	Soup, chicken noodle, canned, condensed	0.10
09148	Kiwifruit, green, raw	0.10
09247	Peaches, dried, sulfured, stewed, without added sugar	0.10
09288	Prunes, canned, heavy syrup pack, solids and liquids	0.10
11108	Butterbur, canned	0.10
11989	Mushrooms, straw, canned, drained solids	0.10
21139	Fast foods, potato, mashed	0.10
01076	Milk substitutes, fluid, with lauric acid oil	0.10
01250	Nutritional supplement for people with diabetes, liquid	0.10
09309	Rhubarb, frozen, uncooked	0.10
11376	Potatoes, canned, drained solids	0.10
11436	Rutabagas, cooked, boiled, drained, without salt	0.10
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0.10
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0.10
11851	Rutabagas, cooked, boiled, drained, with salt	0.10
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.10
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.10
11979	Peppers, jalapeno, raw	0.10
15226	Crustaceans, crab, dungeness, cooked, moist heat	0.10
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	0.10
21310	McDONALD'S, Barbeque Sauce	0.10
36018	APPLEBEE'S, fish, hand battered	0.10
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.10
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	0.10
11142	Celeriac, cooked, boiled, drained, without salt	0.10
11763	Celeriac, cooked, boiled, drained, with salt	0.10
08506	Cereals ready-to-eat, RALSTON Corn Flakes	0.10

NDB_No	Description	Manganese, Mn(mg) Value Per
09039	Avocados, raw, Florida	0.10
09442	Pomegranate juice, bottled	0.10
18141	Cake, yellow, commercially prepared, with vanilla frosting	0.10
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	0.10
10096	Pork, fresh, variety meats and by-products, brain, raw	0.09
19351	Syrups, corn, high-fructose	0.09
20657	Pasta, gluten-free, corn and rice flour, cooked	0.09
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	0.09
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.09
01157	Cheese, goat, semisoft type	0.09
09062	Cherimoya, raw	0.09
21118	Fast foods, hotdog, plain	0.09
09293	Plums, dried (prunes), stewed, with added sugar	0.09
11220	Gourd, dishcloth (towelgourd), raw	0.09
11943	Pimento, canned	0.09
31036	Potatoes, mashed, ready-to-eat	0.09
22972	Pulled pork in barbecue sauce	0.09
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.09
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.09
03089	Babyfood, dinner, macaroni and cheese, strained	0.09
03267	Babyfood, juice, fruit punch, with calcium	0.09
09011	Apples, dried, sulfured, uncooked	0.09
21115	Fast foods, hamburger, large, triple patty, with condiments	0.09
05025	Chicken, heart, all classes, raw	0.09
09248	Peaches, dried, sulfured, stewed, with added sugar	0.09
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	0.09
11024	Balsam-pear (bitter gourd), pods, raw	0.09
11423	Pumpkin, cooked, boiled, drained, without salt	0.09
11845	Pumpkin, cooked, boiled, drained, with salt	0.09
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.09
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	0.09
35145	Stew, hominy with mutton (Navajo)	0.09
36617	Restaurant, Chinese, lemon chicken	0.09
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.09
27062	Soup, beef barley, ready to serve	0.09
09034	Apricots, dried, sulfured, stewed, with added sugar	0.09

NDB_No	Description	Manganese, Mn(mg) Value Per
09090	Figs, canned, water pack, solids and liquids	0.09
11695	Tomatoes, orange, raw	0.09
18121	Cake, pound, commercially prepared, other than all butter, enriched	0.09
18418	Cake, pound, commercially prepared, other than all butter, unenriched	0.09
19362	Syrups, table blends, corn, refiner, and sugar	0.09
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0.09
06067	Soup, chunky vegetable, canned, ready-to-serve	0.09
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	0.09
17163	Game meat, caribou, cooked, roasted	0.09
19005	Snacks, corn-based, extruded, cones, plain	0.09
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.09
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.09
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.09
35146	Stew, mutton, corn, squash (Navajo)	0.09
36629	Restaurant, Chinese, orange chicken	0.09
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.09
09091	Figs, canned, light syrup pack, solids and liquids	0.09
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.09
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0.09
11264	Mushrooms, canned, drained solids	0.09
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	0.09
15223	Fish, whitefish, mixed species, cooked, dry heat	0.09
19407	Snacks, beef sticks, smoked	0.09
01204	Cheese, parmesan, dry grated, reduced fat	0.08
05173	Turkey, gizzard, all classes, raw	0.08
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	0.08
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	0.08
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	0.08
13341	Beef, variety meats and by-products, tripe, raw	0.08
14207	Beverages, tea, ready-to-drink, lemon, diet	0.08
15157	Mollusks, clam, mixed species, raw	0.08
18086	Cake, angelfood, commercially prepared	0.08
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.08
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.08
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.08
27001	Soup, hot and sour, Chinese restaurant	0.08

NDB_No	Description	Manganese, Mn(mg) Value Per
22908	Beef, corned beef hash, with potato, canned	0.08
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.08
36019	APPLEBEE'S, chili	0.08
36037	Restaurant, family style, chili with meat and beans	0.08
09092	Figs, canned, heavy syrup pack, solids and liquids	0.08
09334	Feijoa, raw	0.08
11935	Catsup	0.08
11949	Catsup, low sodium	0.08
14264	Beverages, fruit punch drink, without added nutrients, canned	0.08
14267	Beverages, Fruit punch drink, with added nutrients, canned	0.08
17367	Lamb, New Zealand, imported, kidney, raw	0.08
20029	Couscous, cooked	0.08
03104	Babyfood, vegetables, squash, strained	0.08
03105	Babyfood, vegetables, squash, junior	0.08
05300	Turkey sticks, breaded, battered, fried	0.08
09033	Apricots, dried, sulfured, stewed, without added sugar	0.08
09093	Figs, canned, extra heavy syrup pack, solids and liquids	0.08
14054	Beverages, almond milk, chocolate, ready-to-drink	0.08
21416	POPEYES, Coleslaw	0.08
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.08
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.08
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.08
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	0.08
36633	Restaurant, Chinese, sesame chicken	0.08
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.08
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	0.08
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.08
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0.08
03163	Babyfood, fruit, bananas with apples and pears, strained	0.08
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0.08
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0.08
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	0.08
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.08
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.08
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	
01127	Egg, yolk, raw, frozen, sugared, pasteurized	0.08

NDB_No	Description	Manganese, Mn(mg) Value Per
01144	Egg substitute, powder	0.08
03093	Babyfood, green beans, dices, toddler	0.08
03167	Babyfood, apple-banana juice	0.08
11578	Vegetable juice cocktail, canned	0.08
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0.08
15021	Fish, croaker, Atlantic, cooked, breaded and fried	0.08
15143	Crustaceans, crab, dungeness, raw	0.08
17197	Veal, variety meats and by-products, kidneys, raw	0.08
19296	Honey	0.08
21033	Fast foods, sundae, hot fudge	0.08
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0.08
11205	Cucumber, with peel, raw	0.08
11585	Vegetable juice cocktail, low sodium, canned	0.08
11656	Corn pudding, home prepared	0.08
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.08
42190	Pork sausage rice links, brown and serve, cooked	0.08
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.08
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	0.08
01126	Egg, yolk, raw, frozen, pasteurized	0.08
01237	Ice cream, bar or stick, chocolate covered	0.08
02054	Capers, canned	0.08
09420	Jackfruit, canned, syrup pack	0.08
17162	Game meat, caribou, raw	0.08
19235	Puddings, chocolate, ready-to-eat, fat free	0.08
19271	Ice creams, strawberry	0.08
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0.08
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	0.08
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	0.08
09021	Apricots, raw	0.08
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	0.08
14211	Beverages, tea, black, ready-to-drink, lemon, diet	0.08
19193	Puddings, rice, ready-to-eat	0.08
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.08
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	0.08
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	0.08
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	0.08

NDB_No	Description	Manganese, Mn(mg) Value Per
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	0.08
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.08
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.08
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	0.08
35206	Plums, wild (Northern Plains Indians)	0.08
06545	CAMPBELL'S Homestyle New England Clam Chowder	0.08
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	0.08
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.08
11294	Onions, sweet, raw	0.08
09402	Applesauce, canned, sweetened, with salt	0.08
11950	Mushrooms, enoki, raw	0.08
13334	Beef, variety meats and by-products, spleen, cooked, braised	0.08
17217	Veal, variety meats and by-products, spleen, cooked, braised	0.08
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.08
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0.08
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.08
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	0.08
36606	CRACKER BARREL, farm raised catfish platter	0.08
36618	Restaurant, Chinese, general tso's chicken	0.08
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.07
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	0.07
05024	Chicken, gizzard, all classes, cooked, simmered	0.07
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0.07
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.07
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.07
11287	Onions, frozen, chopped, unprepared	0.07
15140	Crustaceans, crab, blue, cooked, moist heat	0.07
15141	Crustaceans, crab, blue, canned	0.07
15162	Mollusks, clam, mixed species, canned, liquid	0.07
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	0.07
19408	Snacks, pork skins, barbecue-flavor	0.07
21140	Side dishes, potato salad	0.07
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0.07
09081	Cranberry sauce, canned, sweetened	0.07
09310	Rhubarb, frozen, cooked, with sugar	0.07
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	0.07

NDB_No	Description	Manganese, Mn(mg) Value Per
11206	Cucumber, peeled, raw	0.07
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.07
13333	Beef, variety meats and by-products, spleen, raw	0.07
14206	Beverages, tea, green, ready-to-drink, sweetened	0.07
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0.07
15030	Fish, gefiltefish, commercial, sweet recipe	0.07
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.07
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.07
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.07
43369	Beverages, Chocolate-flavored drink, whey and milk based	0.07
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.07
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.07
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0.07
10117	Pork, fresh, variety meats and by-products, spleen, raw	0.07
17216	Veal, variety meats and by-products, spleen, raw	0.07
01032	Cheese, parmesan, grated	0.07
01167	Cheese, mexican, queso chihuahua	0.07
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.07
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	0.07
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0.07
11374	Potatoes, canned, solids and liquids	0.07
11565	Turnips, cooked, boiled, drained, without salt	0.07
11566	Turnips, frozen, unprepared	0.07
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0.07
14632	Beverages, Meal supplement drink, canned, peanut flavor	0.07
21334	McDONALD'S, Strawberry Sundae	0.07
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.07
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0.07
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.07
27058	Sauce, barbecue, OPEN PIT, original	0.07
42171	Salad dressing, french dressing, reduced calorie	0.07
01135	Egg, white, dried, flakes, stabilized, glucose reduced	0.07
03062	Babyfood, dinner, vegetables and ham, junior	0.07
03112	Babyfood, potatoes, toddler	0.07
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	0.07
07071	Salami, dry or hard, pork	0.07

NDB_No	Description	Manganese, Mn(mg) Value Per
07926	Salami, Italian, pork	0.07
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0.07
09070	Cherries, sweet, raw	0.07
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.07
15001	Fish, anchovy, european, raw	0.07
15156	Mollusks, abalone, mixed species, cooked, fried	0.07
15176	Mollusks, squid, mixed species, cooked, fried	0.07
19310	Pectin, unsweetened, dry mix	0.07
19366	Toppings, pineapple	0.07
20030	Hominy, canned, white	0.07
20330	Hominy, canned, yellow	0.07
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	0.07
11265	Mushrooms, portabella, raw	0.07
11429	Radishes, raw	0.07
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.07
19041	Snacks, pork skins, plain	0.07
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.07
06016	Soup, cream of chicken, canned, condensed	0.07
11174	Corn, sweet, yellow, canned, cream style, regular pack	0.07
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0.07
11540	Tomato juice, canned, with salt added	0.07
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0.07
11886	Tomato juice, canned, without salt added	0.07
11906	Corn, sweet, white, canned, cream style, regular pack	0.07
12129	Nuts, ginkgo nuts, canned	0.07
19129	Syrups, table blends, pancake	0.07
06167	Sauce, homemade, white, thick	0.07
06559	Soup, tomato, canned, prepared with equal volume water, commercial	0.07
06749	Soup, beef and vegetables, canned, ready-to-serve	0.07
09450	Naranjilla (lulo) pulp, frozen, unsweetened	0.07
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.07
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0.07
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0.07
11243	Mushrooms, portabella, grilled	0.07
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0.07
11908	Corn, sweet, white, canned, vacuum pack, regular pack	0.07

NDB_No	Description	Manganese, Mn(mg) Value Per
11909	Corn, sweet, white, canned, vacuum pack, no salt added	0.07
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0.07
15013	Fish, cisco, raw	0.07
15130	Fish, whitefish, mixed species, raw	0.07
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	0.07
18095	Cake, cherry fudge with chocolate frosting	0.07
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.07
21336	McDONALD'S, Hot Fudge Sundae	0.07
04703	Salad dressing, honey mustard, regular	0.07
05353	USDA Commodity, chicken fajita strips, frozen	0.07
07061	Mother's loaf, pork	0.07
07927	Sausage, Italian, turkey, smoked	0.07
11218	Gourd, white-flowered (calabash), raw	0.07
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	0.07
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	0.07
11905	Corn, sweet, white, canned, whole kernel, drained solids	0.07
19906	Sweeteners, for baking, brown, contains sugar and sucralose	0.07
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0.06
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0.06
01160	Egg, yolk, raw, frozen, salted, pasteurized	0.06
01203	Yogurt, fruit, lowfat, with low calorie sweetener	0.06
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0.06
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	0.06
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	0.06
07953	Pork sausage, link/patty, fully cooked, microwaved	0.06
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0.06
15148	Crustaceans, lobster, northern, cooked, moist heat	0.06
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.06
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.06
35144	Stew, dumpling with mutton (Navajo)	0.06
36414	Restaurant, Latino, tripe soup	0.06
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0.06
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0.06
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0.06
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	0.06
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0.06

NDB_No	Description	Manganese, Mn(mg) Value Per
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	0.06
19334	Sugars, brown	0.06
04015	Salad dressing, russian dressing	0.06
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.06
09176	Mangos, raw	0.06
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.06
10103	Pork, fresh, variety meats and by-products, heart, raw	0.06
14168	Beverages, Carob-flavor beverage mix, powder	0.06
18088	Cake, angelfood, dry mix, prepared	0.06
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	0.06
21248	WENDY'S, Frosty Dairy Dessert	0.06
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.06
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.06
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0.06
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0.06
03001	Babyfood, juice treats, fruit medley, toddler	0.06
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	0.06
06183	Soup, chicken broth, less/reduced sodium, ready to serve	0.06
09071	Cherries, sweet, canned, water pack, solids and liquids	0.06
11339	Peppers, sweet, green, sauteed	0.06
11937	Pickles, cucumber, dill or kosher dill	0.06
11947	Pickles, cucumber, dill, reduced sodium	0.06
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	0.06
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0.06
17215	Lamb, variety meats and by-products, spleen, cooked, braised	0.06
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	0.06
09072	Cherries, sweet, canned, juice pack, solids and liquids	0.06
09236	Peaches, yellow, raw	0.06
17194	Veal, variety meats and by-products, heart, cooked, braised	0.06
19018	Fruit syrup	0.06
21141	BURGER KING, Vanilla Shake	0.06
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	0.06
27042	Soup, clam chowder, new england, canned, ready-to-serve	0.06
43019	Salad dressing, sweet and sour	0.06
03085	Babyfood, dinner, vegetables and turkey, junior	0.06
03154	Babyfood, fruit and vegetable, apple and sweet potato	0.06

NDB_No	Description	Manganese, Mn(mg) Value Per
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	0.06
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	0.06
07056	Peppered loaf, pork, beef	0.06
09059	Breadfruit, raw	0.06
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	0.06
09340	Pears, asian, raw	0.06
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	0.06
11226	Jerusalem-artichokes, raw	0.06
11603	Yambean (jicama), raw	0.06
14284	Beverages, Cranberry juice cocktail	0.06
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0.06
18317	Pie, egg custard, commercially prepared	0.06
18320	Pie, lemon meringue, commercially prepared	0.06
21032	Fast foods, sundae, caramel	0.06
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	0.06
07024	Frankfurter, chicken	0.06
09362	Cherries, sour, canned, water pack, drained	0.06
11533	Tomatoes, red, ripe, canned, stewed	0.06
11993	Mushrooms, maitake, raw	0.06
17186	Lamb, variety meats and by-products, brain, cooked, braised	0.06
19182	Desserts, mousse, chocolate, prepared-from-recipe	0.06
19195	Puddings, rice, dry mix, prepared with whole milk	0.06
22905	Beef stew, canned entree	0.06
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	0.06
43450	Frozen novelties, juice type, juice with cream	0.06
01073	Dessert topping, semi solid, frozen	0.06
01133	Egg, whole, dried	0.06
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	0.06
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	0.06
06964	Soup, tomato, low sodium, with water	0.06
07036	Sausage, Italian, pork, raw	0.06
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	0.06
09435	Guava nectar, canned, with added ascorbic acid	0.06
09519	Guava nectar, with sucralose, canned	0.06
11593	Waxgourd, (chinese preserving melon), raw	0.06
15197	Fish, herring, Pacific, cooked, dry heat	0.06

NDB_No	Description	Manganese, Mn(mg) Value Per
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0.06
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	0.06
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	0.06
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	0.06
07913	Salami, pork, beef, less sodium	0.06
07968	Kielbasa, fully cooked, grilled	0.06
09068	Cherries, sour, red, frozen, unsweetened	0.06
19208	Puddings, rice, dry mix, prepared with 2% milk	0.06
43098	Pie fillings, cherry, low calorie	0.06
43142	Radishes, hawaiian style, pickled	0.06
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	0.06
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	0.06
01210	Egg Mix, USDA Commodity	0.06
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0.06
05179	Turkey from whole, neck, meat only, raw	0.06
06018	Soup, chunky chicken noodle, canned, ready-to-serve	0.06
06024	Soup, chicken and vegetable, canned, ready-to-serve	0.06
09413	Pears, raw, red anjou	0.06
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0.06
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.06
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0.06
15147	Crustaceans, lobster, northern, raw	0.06
20018	Corn flour, yellow, degermed, unenriched	0.06
01125	Egg, yolk, raw, fresh	0.06
02053	Vinegar, distilled	0.06
05023	Chicken, gizzard, all classes, raw	0.06
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	0.06
06955	Soup, cream of chicken, canned, condensed, reduced sodium	0.06
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0.06
09164	Litchis, raw	0.06
14182	Beverages, chocolate syrup, prepared with whole milk	0.06
17192	Lamb, variety meats and by-products, heart, cooked, braised	0.06
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	0.05
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	0.05
07969	Kielbasa, fully cooked, pan-fried	0.05
07970	Kielbasa, fully cooked, unheated	0.05

NDB_No	Description	Manganese, Mn(mg) Value Per
09191	Nectarines, raw	0.05
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	0.05
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	0.05
15215	Fish, shad, american, cooked, dry heat	0.05
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	0.05
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	0.05
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	0.05
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	0.05
43215	Salad dressing, buttermilk, lite	0.05
04640	Salad dressing, ranch dressing, reduced fat	0.05
05180	Turkey from whole, neck, meat only, cooked, simmered	0.05
06176	Sauce, oyster, ready-to-serve	0.05
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	0.05
07967	Pork sausage, link/patty, fully cooked, unheated	0.05
09022	Apricots, canned, water pack, with skin, solids and liquids	0.05
09023	Apricots, canned, water pack, without skin, solids and liquids	0.05
20027	Cornstarch	0.05
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	0.05
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	0.05
06174	Soup, stock, fish, home-prepared	0.05
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	0.05
09024	Apricots, canned, juice pack, with skin, solids and liquids	0.05
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	0.05
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0.05
09172	Longans, raw	0.05
09279	Plums, raw	0.05
13353	Beef, cured, luncheon meat, jellied	0.05
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	0.05
31034	Peppers, hot pickled, canned	0.05
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	0.05
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	0.05
07011	Bologna, turkey	0.05
07949	Frankfurter, meat, heated	0.05
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0.05
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	0.05
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	0.05

NDB_No	Description	Manganese, Mn(mg) Value Per
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	0.05
17214	Lamb, variety meats and by-products, spleen, raw	0.05
01136	Egg, white, dried, powder, stabilized, glucose reduced	0.05
03161	Babyfood, peaches, dices, toddler	0.05
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	0.05
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	0.05
05111	Canada Goose, breast meat, skinless, raw	0.05
06442	Soup, mushroom barley, canned, prepared with equal volume water	0.05
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	0.05
09035	Apricots, frozen, sweetened	0.05
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	0.05
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	0.05
14407	Beverages, orange-flavor drink, breakfast type, powder	0.05
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	0.05
15009	Fish, carp, cooked, dry heat	0.05
15012	Fish, caviar, black and red, granular	0.05
15018	Fish, cod, Atlantic, dried and salted	0.05
15042	Fish, herring, Atlantic, kippered	0.05
15073	Fish, roughy, orange, raw	0.05
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	0.05
18090	Cake, boston cream pie, commercially prepared	0.05
19098	Candies, 5TH AVENUE Candy Bar	0.05
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	0.05
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	0.05
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.05
06168	Sauce, ready-to-serve, pepper or hot	0.05
07059	Polish sausage, pork	0.05
07910	Bratwurst, veal, cooked	0.05
07915	Sausage, Polish, beef with chicken, hot	0.05
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	0.05
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	0.05
17220	Lamb, variety meats and by-products, tongue, raw	0.05
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	0.05
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	0.05
01252	Cheese product, pasteurized process, American, vitamin D fortified	0.05
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	0.05

NDB_No	Description	Manganese, Mn(mg) Value Per
06419	Soup, chicken noodle, canned, prepared with equal volume water	0.05
07075	Sausage, smoked link sausage, pork and beef	0.05
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0.05
09237	Peaches, canned, water pack, solids and liquids	0.05
09238	Peaches, canned, juice pack, solids and liquids	0.05
09252	Pears, raw	0.05
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0.05
09415	Pears, raw, green anjou	0.05
09520	Kiwifruit, ZESPRI SunGold, raw	0.05
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	0.05
14242	Cranberry juice cocktail, bottled	0.05
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0.05
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	0.05
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	0.05
21315	McDONALD'S, Sweet 'N Sour Sauce	0.05
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.05
27063	Sauce, enchilada, red, mild, ready to serve	0.05
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	0.05
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	0.05
09239	Peaches, canned, extra light syrup, solids and liquids	0.05
09414	Pears, raw, bosc	0.05
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	0.05
11260	Mushrooms, white, raw	0.05
11263	Mushrooms, white, stir-fried	0.05
11938	Mushroom, white, exposed to ultraviolet light, raw	0.05
15230	Mollusks, octopus, common, cooked, moist heat	0.05
17223	Veal, variety meats and by-products, tongue, cooked, braised	0.05
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	0.05
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	0.05
19076	Candies, caramels, chocolate-flavor roll	0.05
02068	Vinegar, red wine	0.05
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	0.05
07068	Salami, cooked, beef	0.05
09240	Peaches, canned, light syrup pack, solids and liquids	0.05
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	0.05
17165	Game meat, deer, cooked, roasted	0.05

NDB_No	Description	Manganese, Mn(mg) Value Per
17191	Lamb, variety meats and by-products, heart, raw	0.05
19908	Sugar, turbinado	0.05
21314	McDONALD'S, Spicy Buffalo Sauce	0.05
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	0.05
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	0.05
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	0.05
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	0.05
27066	Sauce, horseradish	0.04
43021	Salad dressing, caesar, low calorie	0.04
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	0.04
01072	Dessert topping, pressurized	0.04
07950	Frankfurter, meat	0.04
09241	Peaches, canned, heavy syrup pack, solids and liquids	0.04
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	0.04
15043	Fish, herring, Pacific, raw	0.04
15213	Fish, scup, cooked, dry heat	0.04
15216	Fish, spot, cooked, dry heat	0.04
19113	Syrups, table blends, pancake, with butter	0.04
07952	Bologna, chicken, turkey, pork	0.04
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0.04
09502	Apples, raw, granny smith, with skin	0.04
14381	Beverages, tea, herb, other than chamomile, brewed	0.04
14545	Beverages, tea, herb, brewed, chamomile	0.04
17185	Lamb, variety meats and by-products, brain, raw	0.04
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	0.04
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	0.04
06166	Sauce, homemade, white, medium	0.04
07933	Chicken breast, oven-roasted, fat-free, sliced	0.04
07959	Bologna, chicken, pork, beef	0.04
09144	Jackfruit, raw	0.04
11184	Corn with red and green peppers, canned, solids and liquids	0.04
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	0.04
21018	Fast foods, egg, scrambled	0.04
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	0.04
21339	McDONALD'S, McFLURRY with OREO cookies	0.04
21413	Light Ice Cream, soft serve, blended with cookie pieces	0.04

NDB_No	Description	Manganese, Mn(mg) Value Per
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	0.04
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0.04
07090	Luncheon sausage, pork and beef	0.04
07954	Beef sausage, pre-cooked	0.04
07960	Bologna, chicken, pork	0.04
07965	Pork sausage, link/patty, reduced fat, unprepared	0.04
14091	Beverages, almond milk, unsweetened, shelf stable	0.04
15008	Fish, carp, raw	0.04
15094	Fish, shad, american, raw	0.04
17169	Game meat, goat, cooked, roasted	0.04
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	0.04
01042	Cheese, pasteurized process, American, fortified with vitamin D	0.04
01253	Cheese, pasteurized process, American, without added vitamin D	0.04
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0.04
07004	Sausage, Berliner, pork, beef	0.04
07060	Luxury loaf, pork	0.04
07922	Bratwurst, beef and pork, smoked	0.04
09181	Melons, cantaloupe, raw	0.04
09443	Juice, apple and grape blend, with added ascorbic acid	0.04
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	0.04
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	0.04
17164	Game meat, deer, raw	0.04
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	0.04
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	0.04
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	0.04
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	0.04
01021	Cheese, gjetost	0.04
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0.04
01090	Milk, dry, whole, with added vitamin D	0.04
01164	Cheese sauce, prepared from recipe	0.04
01212	Milk, dry, whole, without added vitamin D	0.04
03115	Babyfood, apples, dices, toddler	0.04
04017	Salad dressing, thousand island, commercial, regular	0.04
04705	Salad dressing, caesar, fat-free	0.04
07001	Barbecue loaf, pork, beef	0.04
07007	Bologna, beef	0.04

NDB_No	Description	Manganese, Mn(mg) Value Per
07015	Brotwurst, pork, beef, link	0.04
07019	Chorizo, pork and beef	0.04
09185	Melon balls, frozen	0.04
09226	Papayas, raw	0.04
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	0.04
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	0.04
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0.04
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0.04
14034	Alcoholic beverage, creme de menthe, 72 proof	0.04
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	0.04
15011	Fish, catfish, channel, cooked, breaded and fried	0.04
15026	Fish, eel, mixed species, cooked, dry heat	0.04
15040	Fish, herring, Atlantic, cooked, dry heat	0.04
15041	Fish, herring, Atlantic, pickled	0.04
15048	Fish, mackerel, jack, canned, drained solids	0.04
15128	Fish, tuna salad	0.04
15137	Crustaceans, crab, alaska king, cooked, moist heat	0.04
15155	Mollusks, abalone, mixed species, raw	0.04
17100	Veal, leg (top round), separable lean only, cooked, braised	0.04
17114	Veal, rib, separable lean only, cooked, braised	0.04
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	0.04
17210	Lamb, variety meats and by-products, pancreas, raw	0.04
19297	Jams and preserves	0.04
19719	Jams and preserves, apricot	0.04
01029	Cheese, mozzarella, low moisture, part-skim	0.04
01110	Milk shakes, thick chocolate	0.04
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	0.04
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	0.04
07021	Dutch brand loaf, chicken, pork and beef	0.04
07230	OSCAR MAYER, Salami (hard)	0.04
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.04
09218	Tangerines, (mandarin oranges), raw	0.04
09451	Horned melon (Kiwano)	0.04
11772	Corn, sweet, yellow, canned, cream style, no salt added	0.04
11907	Corn, sweet, white, canned, cream style, no salt added	0.04
17095	Veal, leg (top round), separable lean and fat, cooked, braised	0.04

NDB_No	Description	Manganese, Mn(mg) Value Per
01007	Cheese, camembert	0.04
01024	Cheese, limburger	0.04
01138	Egg, duck, whole, fresh, raw	0.04
01139	Egg, goose, whole, fresh, raw	0.04
01140	Egg, quail, whole, fresh, raw	0.04
01141	Egg, turkey, whole, fresh, raw	0.04
07077	Smoked link sausage, pork and beef, nonfat dry milk added	0.04
07921	Bacon and beef sticks	0.04
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	0.04
07971	Bologna, meat and poultry	0.04
09004	Apples, raw, without skin	0.04
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.04
09326	Watermelon, raw	0.04
10119	Pork, fresh, variety meats and by-products, stomach, raw	0.04
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	0.04
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	0.04
11430	Radishes, oriental, raw	0.04
15198	Fish, ling, cooked, dry heat	0.04
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	0.04
17108	Veal, loin, separable lean only, cooked, braised	0.04
17111	Veal, rib, separable lean and fat, cooked, braised	0.04
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	0.04
17126	Veal, shoulder, arm, separable lean only, cooked, braised	0.04
17132	Veal, shoulder, blade, separable lean only, cooked, braised	0.04
17138	Veal, sirloin, separable lean only, cooked, braised	0.04
17168	Goat, raw	0.04
17189	Veal, variety meats and by-products, brain, cooked, braised	0.04
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	0.04
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	0.04
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	0.04
43015	Salad dressing, caesar dressing, regular	0.04
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	0.04
01165	Cheese, mexican, queso anejo	0.04
03002	Babyfood, meat, beef, strained	0.04
03003	Babyfood, meat, beef, junior	0.04
03005	Babyfood, meat, veal, strained	0.04

NDB_No	Description	Manganese, Mn(mg) Value Per
03010	Babyfood, meat, lamb, strained	0.04
03015	Babyfood, meat, turkey, strained	0.04
03016	Babyfood, meat, turkey, junior	0.04
03017	Babyfood, meat, turkey sticks, junior	0.04
03130	Babyfood, fruit, peaches, strained	0.04
03131	Babyfood, fruit, peaches, junior	0.04
06043	Soup, cream of mushroom, canned, condensed	0.04
07044	USDA Commodity, luncheon meat, canned	0.04
07065	Pork and beef sausage, fresh, cooked	0.04
07088	Honey roll sausage, beef	0.04
07916	Sausage, Polish, pork and beef, smoked	0.04
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.04
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0.04
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.04
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0.04
09060	Carambola, (starfruit), raw	0.04
09221	Tangerine juice, raw	0.04
09223	Tangerine juice, canned, sweetened	0.04
09412	Pears, raw, bartlett	0.04
09503	Apples, raw, gala, with skin	0.04
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	0.04
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	0.04
10158	USDA Commodity, pork, canned	0.04
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	0.04
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0.04
13166	USDA Commodity, beef, canned	0.04
14194	Beverages, Cocoa mix, powder, prepared with water	0.04
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	0.04
15227	Crustaceans, crab, queen, cooked, moist heat	0.04
15232	Fish, roughy, orange, cooked, dry heat	0.04
15261	Fish, tilapia, raw	0.04
15262	Fish, tilapia, cooked, dry heat	0.04
17188	Veal, variety meats and by-products, brain, raw	0.04
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0.04
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	0.04
01166	Cheese, mexican, queso asadero	0.04

NDB_No	Description	Manganese, Mn(mg) Value Per
01284	Yogurt, Greek, strawberry, lowfat	0.04
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	0.04
05627	Emu, full rump, cooked, broiled	0.04
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0.04
06498	Soup, tomato, dry, mix, prepared with water	0.04
07010	Bologna, pork	0.04
07033	Ham and cheese spread	0.04
07091	New england brand sausage, pork, beef	0.04
14552	Carbonated beverage, chocolate-flavored soda	0.04
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	0.04
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	0.04
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	0.04
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	0.04
17193	Veal, variety meats and by-products, heart, raw	0.04
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	0.04
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	0.04
43261	Yogurt, fruit variety, nonfat	0.04
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0.04
05088	Chicken, broilers or fryers, neck, meat only, raw	0.04
07051	Olive loaf, pork	0.04
09003	Apples, raw, with skin	0.04
09183	Melons, casaba, raw	0.04
09501	Apples, raw, golden delicious, with skin	0.04
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.04
10152	Pork, cured, ham, whole, separable lean only, unheated	0.04
13321	Beef, variety meats and by-products, heart, raw	0.04
14153	Beverages, carbonated, pepper-type, contains caffeine	0.04
14347	Shake, fast food, vanilla	0.04
15025	Fish, eel, mixed species, raw	0.04
15039	Fish, herring, Atlantic, raw	0.04
15090	Fish, scup, raw	0.04
15103	Fish, spot, raw	0.04
15136	Crustaceans, crab, alaska king, raw	0.04
15175	Mollusks, squid, mixed species, raw	0.04
17135	Veal, sirloin, separable lean and fat, cooked, braised	0.04
17143	Veal, ground, cooked, broiled	0.04

NDB_No	Description	Manganese, Mn(mg) Value Per
19108	Candies, jellybeans	0.04
01006	Cheese, brie	0.03
01276	Yogurt, Greek, strawberry, DANNON OIKOS	0.03
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	0.03
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	0.03
05629	Emu, inside drums, cooked, broiled	0.03
07932	Chicken breast, fat-free, mesquite flavor, sliced	0.03
07973	Turkey bacon, microwaved	0.03
09253	Pears, canned, water pack, solids and liquids	0.03
09254	Pears, canned, juice pack, solids and liquids	0.03
09500	Apples, raw, red delicious, with skin	0.03
14217	Beverages, OCEAN SPRAY, Cran Grape	0.03
15131	Fish, whitefish, mixed species, smoked	0.03
17105	Veal, loin, separable lean and fat, cooked, braised	0.03
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	0.03
27002	Soup, wonton, Chinese restaurant	0.03
35141	Mutton, cooked, roasted (Navajo)	0.03
01255	Egg, whole, raw, frozen, salted, pasteurized	0.03
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	0.03
01285	Yogurt, Greek, strawberry, nonfat	0.03
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	0.03
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	0.03
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	0.03
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	0.03
04639	Salad dressing, ranch dressing, regular	0.03
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	0.03
05084	Chicken, broilers or fryers, neck, meat and skin, raw	0.03
07025	Frankfurter, turkey	0.03
09255	Pears, canned, extra light syrup pack, solids and liquids	0.03
09256	Pears, canned, light syrup pack, solids and liquids	0.03
09281	Plums, canned, purple, water pack, solids and liquids	0.03
09282	Plums, canned, purple, juice pack, solids and liquids	0.03
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	0.03
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	0.03
11431	Radishes, oriental, cooked, boiled, drained, without salt	0.03
11637	Radishes, white icicle, raw	0.03

NDB_No	Description	Manganese, Mn(mg) Value Per
11850	Radishes, oriental, cooked, boiled, drained, with salt	0.03
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0.03
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.03
13322	Beef, variety meats and by-products, heart, cooked, simmered	0.03
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.03
15270	Crustaceans, shrimp, raw (not previously frozen)	0.03
15271	Crustaceans, shrimp, cooked (not previously frozen)	0.03
17221	Lamb, variety meats and by-products, tongue, cooked, braised	0.03
19198	Puddings, tapioca, dry mix	0.03
19709	Puddings, tapioca, dry mix, with no added salt	0.03
01171	Egg, whole, raw, frozen, pasteurized	0.03
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	0.03
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	0.03
04636	Salad dressing, italian dressing, fat-free	0.03
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	0.03
06528	Soup, chicken noodle, dry, mix, prepared with water	0.03
07003	Beerwurst, beer salami, pork	0.03
07917	Sausage, pork and beef, with cheddar cheese, smoked	0.03
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	0.03
07920	Swisswurst, pork and beef, with swiss cheese, smoked	0.03
09036	Apricot nectar, canned, without added ascorbic acid	0.03
09219	Tangerines, (mandarin oranges), canned, juice pack	0.03
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0.03
09257	Pears, canned, heavy syrup pack, solids and liquids	0.03
09258	Pears, canned, extra heavy syrup pack, solids and liquids	0.03
09283	Plums, canned, purple, light syrup pack, solids and liquids	0.03
09403	Apricot nectar, canned, with added ascorbic acid	0.03
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	0.03
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	0.03
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	0.03
14180	Beverages, coffee, brewed, breakfast blend	0.03
14187	Beverages, Clam and tomato juice, canned	0.03
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	0.03
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.03
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.03
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	0.03

NDB_No	Description	Manganese, Mn(mg) Value Per
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	0.03
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	0.03
17115	Veal, rib, separable lean only, cooked, roasted	0.03
17175	Game meat, muskrat, cooked, roasted	0.03
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	0.03
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	0.03
17184	Game meat, squirrel, cooked, roasted	0.03
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.03
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	0.03
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	0.03
01260	Cheese, cheddar, reduced fat	0.03
04114	Salad dressing, italian dressing, commercial, regular	0.03
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	0.03
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	0.03
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	0.03
05632	Emu, top loin, cooked, broiled	0.03
07020	Corned beef loaf, jellied	0.03
07030	Ham, minced	0.03
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0.03
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	0.03
09504	Apples, raw, fuji, with skin	0.03
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	0.03
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	0.03
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0.03
15203	Fish, monkfish, cooked, dry heat	0.03
15260	Fish, salmon, pink, canned, drained solids	0.03
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	0.03
17103	Veal, leg (top round), separable lean only, cooked, roasted	0.03
17358	Lamb, New Zealand, imported, brains, raw	0.03
01026	Cheese, mozzarella, whole milk	0.03
01039	Cheese, roquefort	0.03
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0.03
01128	Egg, whole, cooked, fried	0.03
03141	Babyfood, pears, dices, toddler	0.03
03297	Babyfood, dinner, apples and chicken, strained	0.03
05622	Emu, ground, cooked, pan-broiled	0.03

NDB_No	Description	Manganese, Mn(mg) Value Per
07016	Cheesefurter, cheese smokie, pork, beef	0.03
07050	Mortadella, beef, pork	0.03
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0.03
09150	Lemons, raw, without peel	0.03
09154	Lemon juice, frozen, unsweetened, single strength	0.03
09262	Pear nectar, canned, without added ascorbic acid	0.03
09408	Pear nectar, canned, with added ascorbic acid	0.03
10128	Pork, cured, breakfast strips, raw or unheated	0.03
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	0.03
15035	Fish, haddock, smoked	0.03
15044	Fish, ling, raw	0.03
15105	Fish, sturgeon, mixed species, cooked, dry heat	0.03
15106	Fish, sturgeon, mixed species, smoked	0.03
15144	Crustaceans, crab, queen, raw	0.03
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	0.03
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	0.03
17109	Veal, loin, separable lean only, cooked, roasted	0.03
17112	Veal, rib, separable lean and fat, cooked, roasted	0.03
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	0.03
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	0.03
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	0.03
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	0.03
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	0.03
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	0.03
17139	Veal, sirloin, separable lean only, cooked, roasted	0.03
19314	Pie fillings, canned, cherry	0.03
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	0.03
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	0.03
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	0.03
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	0.03
43027	Jellies, no sugar (with sodium saccharin), any flavors	0.03
90240	Mollusks, scallop, (bay and sea), cooked, steamed	0.03
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	0.03
04021	Salad dressing, italian dressing, commercial, reduced fat	0.03
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	0.03
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	0.03

NDB_No	Description	Manganese, Mn(mg) Value Per
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	0.03
05623	Emu, fan fillet, raw	0.03
05626	Emu, full rump, raw	0.03
06494	Soup, onion, dry, mix, prepared with water	0.03
09202	Oranges, raw, navels	0.03
09250	Peaches, frozen, sliced, sweetened	0.03
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	0.03
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	0.03
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	0.03
13358	Beef, cured, smoked, chopped beef	0.03
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	0.03
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	0.03
14238	Beverages, cranberry-apple juice drink, bottled	0.03
15087	Fish, salmon, sockeye, canned, drained solids	0.03
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0.03
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.03
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	0.03
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	0.03
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	0.03
17094	Veal, leg (top round), separable lean and fat, raw	0.03
17099	Veal, leg (top round), separable lean only, raw	0.03
17106	Veal, loin, separable lean and fat, cooked, roasted	0.03
17113	Veal, rib, separable lean only, raw	0.03
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	0.03
17125	Veal, shoulder, arm, separable lean only, raw	0.03
17136	Veal, sirloin, separable lean and fat, cooked, roasted	0.03
17137	Veal, sirloin, separable lean only, raw	0.03
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	0.03
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	0.03
17377	Lamb, New Zealand, imported, testes, raw	0.03
19364	Toppings, butterscotch or caramel	0.03
01019	Cheese, feta	0.03
01123	Egg, whole, raw, fresh	0.03
01131	Egg, whole, cooked, poached	0.03
01161	Cheese substitute, mozzarella	0.03
05012	Chicken, broilers or fryers, meat only, cooked, fried	0.03

NDB_No	Description	Manganese, Mn(mg) Value Per
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	0.03
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	0.03
05133	Chicken, capons, meat and skin and giblets and neck, raw	0.03
05625	Emu, flat fillet, raw	0.03
05628	Emu, inside drum, raw	0.03
07062	Picnic loaf, pork, beef	0.03
07938	Ham, honey, smoked, cooked	0.03
09436	Mango nectar, canned	0.03
10150	Pork, cured, ham, whole, separable lean and fat, unheated	0.03
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	0.03
13320	Beef, variety meats and by-products, brain, cooked, simmered	0.03
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	0.03
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0.03
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0.03
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	0.03
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.03
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.03
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.03
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.03
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.03
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.03
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.03
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.03
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.03
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.03
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	0.03
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	0.03
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	0.03
17122	Veal, shoulder, arm, separable lean and fat, raw	0.03
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	0.03
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	0.03
01009	Cheese, cheddar	0.03
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	0.03
05109	Chicken, roasting, meat and skin and giblets and neck, raw	0.03
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	0.03
05356	Chicken, broiler, rotisserie, BBQ, skin	0.03

NDB_No	Description	Manganese, Mn(mg) Value Per
05621	Emu, ground, raw	0.03
05631	Emu, oyster, raw	0.03
06985	Gravy, HEINZ Home Style, savory beef	0.03
09010	Apples, dehydrated (low moisture), sulfured, stewed	0.03
09184	Melons, honeydew, raw	0.03
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	0.03
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	0.03
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	0.03
13355	Beef, cured, pastrami	0.03
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0.03
14256	Beverages, OCEAN SPRAY, Cran Cherry	0.03
14277	Beverages, grape drink, canned	0.03
15189	Fish, bluefish, cooked, dry heat	0.03
15233	Fish, catfish, channel, wild, cooked, dry heat	0.03
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.03
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	0.03
17110	Veal, rib, separable lean and fat, raw	0.03
17134	Veal, sirloin, separable lean and fat, raw	0.03
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.03
19312	Pie fillings, apple, canned	0.03
01040	Cheese, swiss	0.03
01107	Milk, human, mature, fluid	0.03
01129	Egg, whole, cooked, hard-boiled	0.03
01259	Cheese spread, American or Cheddar cheese base, reduced fat	0.03
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	0.03
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	0.03
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	0.03
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	0.03
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	0.03
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	0.03
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	0.03
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	0.03
05624	Emu, fan fillet, cooked, broiled	0.03
07073	Sandwich spread, pork, beef	0.03
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	0.03
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	0.03

NDB_No	Description	Manganese, Mn(mg) Value Per
10185	Pork, cured, ham, extra lean and regular, canned, roasted	0.03
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	0.03
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	0.03
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	0.03
13318	Beef, variety meats and by-products, brain, raw	0.03
13339	Beef, variety meats and by-products, tongue, raw	0.03
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	0.03
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	0.03
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0.03
15199	Fish, lingcod, cooked, dry heat	0.03
15202	Fish, milkfish, cooked, dry heat	0.03
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.03
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.03
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.03
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.03
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.03
17177	Game meat, rabbit, domesticated, composite of cuts, raw	0.03
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.03
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.03
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.03
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	0.03
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.03
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	0.03
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	0.03
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	0.03
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.02
01046	Cheese food, pasteurized process, American, vitamin D fortified	0.02
01254	Cheese food, pasteurized process, American, without added vitamin D	0.02
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	0.02
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	0.02
05630	Emu, outside drum, raw	0.02
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	0.02
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0.02
07026	Ham, chopped, canned	0.02
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.02
09200	Oranges, raw, all commercial varieties	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0.02
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	0.02
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	0.02
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	0.02
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.02
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02
15010	Fish, catfish, channel, wild, raw	0.02
15020	Fish, croaker, Atlantic, raw	0.02
15069	Fish, pompano, florida, cooked, dry heat	0.02
15104	Fish, sturgeon, mixed species, raw	0.02
15166	Mollusks, octopus, common, raw	0.02
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.02
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.02
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	0.02
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.02
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.02
19332	Puddings, lemon, dry mix, regular	0.02
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.02
01130	Egg, whole, cooked, omelet	0.02
01270	Cheese, cheddar, sharp, sliced	0.02
04367	Salad dressing, french dressing, fat-free	0.02
05148	Goose, domesticated, meat only, raw	0.02
05149	Goose, domesticated, meat only, cooked, roasted	0.02
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	0.02
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	0.02
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	0.02
06165	Sauce, homemade, white, thin	0.02
06180	Soup, shark fin, restaurant-prepared	0.02
07045	Luncheon meat, pork, canned	0.02
07958	Turkey sausage, fresh, cooked	0.02
09203	Oranges, raw, Florida	0.02
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	0.02
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	0.02
10184	Pork, cured, ham, extra lean and regular, canned, unheated	0.02
15054	Fish, monkfish, raw	0.02
15084	Fish, salmon, pink, canned, total can contents	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
15253	Salmon, sockeye, canned, total can contents	0.02
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	0.02
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	0.02
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.02
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	0.02
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	0.02
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	0.02
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	0.02
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	0.02
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.02
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	0.02
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	0.02
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.02
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	0.02
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	0.02
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	0.02
17225	Lamb, ground, cooked, broiled	0.02
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0.02
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.02
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.02
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.02
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.02
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.02
01094	Milk, buttermilk, dried	0.02
01146	Cheese, parmesan, shredded	0.02
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	0.02
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	0.02
05147	Goose, domesticated, meat and skin, cooked, roasted	0.02
05190	Turkey, all classes, back, meat and skin, cooked, roasted	0.02
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	0.02
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	0.02
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	0.02
05652	Ostrich, oyster, cooked	0.02
06999	Gravy, CAMPBELL'S, chicken	0.02
09201	Oranges, raw, California, valencias	0.02
09209	Orange juice, chilled, includes from concentrate	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.02
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.02
09433	Clementines, raw	0.02
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.02
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	0.02
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	0.02
10146	Pork, cured, ham, patties, unheated	0.02
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	0.02
10861	Pork, cured, bacon, cooked, microwaved	0.02
14209	Beverages, coffee, brewed, prepared with tap water	0.02
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.02
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.02
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.02
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	0.02
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	0.02
17222	Veal, variety meats and by-products, tongue, raw	0.02
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.02
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.02
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.02
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	0.02
17338	Game meat, elk, ground, raw	0.02
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0.02
01132	Egg, whole, cooked, scrambled	0.02
01251	Cheese, Mexican blend	0.02
05018	Chicken, broilers or fryers, skin only, cooked, roasted	0.02
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	0.02
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	0.02
05126	Chicken, stewing, meat only, cooked, stewed	0.02
05193	Turkey, all classes, leg, meat and skin, raw	0.02
05236	Turkey, young hen, skin only, cooked, roasted	0.02
07039	Lebanon bologna, beef	0.02
07064	Pork sausage, link/patty, cooked, pan-fried	0.02
09112	Grapefruit, raw, pink and red, all areas	0.02
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	0.02
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	0.02
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
10132	Pork, cured, feet, pickled	0.02
10860	Pork, cured, bacon, cooked, baked	0.02
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0.02
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	0.02
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	0.02
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	0.02
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	0.02
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	0.02
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	0.02
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	0.02
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	0.02
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	0.02
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	0.02
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	0.02
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	0.02
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	0.02
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	0.02
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	0.02
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	0.02
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	0.02
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	0.02
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	0.02
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	0.02
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	0.02
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	0.02
10894	Pork, cured, ham, separable fat, boneless, heated	0.02
10895	Pork, cured, ham, separable fat, boneless, unheated	0.02
10898	Pork, pickled pork hocks	0.02
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	0.02
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	0.02
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	0.02
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	0.02
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	0.02
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	0.02
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	0.02
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	0.02
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	0.02
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	0.02
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	0.02
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	0.02
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	0.02
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	0.02
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	0.02
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	0.02
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	0.02
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	0.02
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	0.02
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	0.02
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	0.02
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	0.02
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	0.02
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	0.02
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	0.02
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	0.02
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	0.02
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	0.02
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	0.02
13317	Beef, ground, patties, frozen, cooked, broiled	0.02
13347	Beef, cured, corned beef, brisket, cooked	0.02
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0.02
14251	Alcoholic beverages, beer, higher alcohol	0.02
15056	Fish, mullet, striped, cooked, dry heat	0.02
15222	Fish, turbot, european, cooked, dry heat	0.02
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	0.02
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.02
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.02
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.02
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.02
17145	Game meat, antelope, cooked, roasted	0.02
17171	Game meat, horse, cooked, roasted	0.02
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.02
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	0.02
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.02
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.02
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	0.02
17373	Lamb, New Zealand, imported, heart, raw	0.02
19128	Syrups, table blends, pancake, reduced-calorie	0.02
19909	Sweeteners, sugar substitute, granulated, brown	0.02
21311	McDONALD'S, Creamy Ranch Sauce	0.02
42193	Salad Dressing, mayonnaise-like, fat-free	0.02
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	0.02
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.02
25043	Snacks, candy bits, yogurt covered with vitamin C	0.02
01008	Cheese, caraway	0.02
01229	Cheese, white, queso blanco	0.02
04120	Salad dressing, french dressing, commercial, regular	0.02
04141	Salad dressing, french dressing, commercial, regular, without salt	0.02
04635	Salad dressing, thousand island dressing, fat-free	0.02
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	0.02
05043	Chicken, broilers or fryers, dark meat, meat only, raw	0.02
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	0.02
05053	Chicken, broilers or fryers, back, meat only, raw	0.02
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	0.02
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	0.02
05124	Chicken, stewing, meat and skin, cooked, stewed	0.02
05131	Chicken, stewing, dark meat, meat only, raw	0.02
05136	Chicken, capons, meat and skin, cooked, roasted	0.02
07022	Frankfurter, beef, unheated	0.02
07038	Knackwurst, knockwurst, pork, beef	0.02
07955	Turkey sausage, fresh, raw	0.02
09012	Apples, dried, sulfured, stewed, without added sugar	0.02
09207	Orange juice, canned, unsweetened	0.02
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	0.02
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.02
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	0.02
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
15005	Fish, bluefish, raw	0.02
15014	Fish, cisco, smoked	0.02
15098	Fish, sheepshead, cooked, dry heat	0.02
15116	Fish, trout, rainbow, wild, cooked, dry heat	0.02
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	0.02
15239	Fish, salmon, coho, farmed, cooked, dry heat	0.02
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.02
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.02
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.02
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	0.02
17219	Veal, variety meats and by-products, thymus, cooked, braised	0.02
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.02
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.02
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.02
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	0.02
19217	Frozen novelties, ice type, fruit, no sugar added	0.02
01033	Cheese, parmesan, hard	0.02
01038	Cheese, romano	0.02
01048	Cheese spread, pasteurized process, American	0.02
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.02
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	0.02
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	0.02
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	0.02
03221	Babyfood, dessert, dutch apple, junior	0.02
03222	Babyfood, cherry cobbler, junior	0.02
03289	Babyfood, apples with ham, strained	0.02
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	0.02
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	0.02
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	0.02
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	0.02
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	0.02
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	0.02
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	0.02
05119	Chicken, roasting, dark meat, meat only, raw	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
05130	Chicken, stewing, light meat, meat only, cooked, stewed	0.02
05135	Chicken, capons, meat and skin, raw	0.02
05146	Goose, domesticated, meat and skin, raw	0.02
05156	Pheasant, leg, meat only, raw	0.02
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	0.02
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	0.02
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	0.02
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	0.02
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0.02
07070	Salami, cooked, turkey	0.02
07241	OSCAR MAYER, Wieners (beef franks)	0.02
07944	Turkey, white, rotisserie, deli cut	0.02
07963	Frankfurter, meat and poultry, cooked, boiled	0.02
07964	Frankfurter, meat and poultry, cooked, grilled	0.02
09013	Apples, dried, sulfured, stewed, with added sugar	0.02
09113	Grapefruit, raw, pink and red, California and Arizona	0.02
09117	Grapefruit, raw, white, California	0.02
09124	Grapefruit juice, white, canned, sweetened	0.02
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.02
09128	Grapefruit juice, white, raw	0.02
09193	Olives, ripe, canned (small-extra large)	0.02
09194	Olives, ripe, canned (jumbo-super colossal)	0.02
09404	Grapefruit juice, pink, raw	0.02
09437	Tamarind nectar, canned	0.02
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	0.02
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	0.02
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	0.02
13346	Beef, cured, corned beef, brisket, raw	0.02
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	0.02
15016	Fish, cod, Atlantic, cooked, dry heat	0.02
15017	Fish, cod, Atlantic, canned, solids and liquid	0.02
15045	Fish, lingcod, raw	0.02
15047	Fish, mackerel, Atlantic, cooked, dry heat	0.02
15053	Fish, milkfish, raw	0.02
15075	Fish, sablefish, smoked	0.02
15080	Fish, salmon, chum, canned, drained solids with bone	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
15092	Fish, sea bass, mixed species, cooked, dry heat	0.02
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	0.02
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	0.02
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	0.02
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	0.02
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.02
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.02
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.02
17144	Game meat, antelope, raw	0.02
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	0.02
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	0.02
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	0.02
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	0.02
19169	Egg custards, dry mix	0.02
19280	Frozen novelties, ice type, lime	0.02
19281	Frozen novelties, ice type, italian, restaurant-prepared	0.02
19303	Marmalade, orange	0.02
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	0.02
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	0.02
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.02
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.02
36013	Restaurant, family style, sirloin steak	0.02
36608	CRACKER BARREL, grilled sirloin steak	0.02
42140	Salad dressing, italian dressing, reduced calorie	0.02
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.02
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.02
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.02
27052	Dip, salsa con queso, cheese and salsa- medium	0.02
27054	Dip, TOSTITOS, salsa con queso, medium	0.02
28334	Cookies, gluten-free, lemon wafer	0.02
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0.02
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
05006	Chicken, broilers or fryers, meat and skin, raw	0.02
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	0.02
05011	Chicken, broilers or fryers, meat only, raw	0.02
05013	Chicken, broilers or fryers, meat only, roasted	0.02
05014	Chicken, broilers or fryers, meat only, stewed	0.02
05015	Chicken, broilers or fryers, skin only, raw	0.02
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	0.02
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	0.02
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	0.02
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	0.02
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	0.02
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	0.02
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	0.02
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	0.02
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	0.02
05123	Chicken, stewing, meat and skin, raw	0.02
05125	Chicken, stewing, meat only, raw	0.02
05140	Duck, domesticated, meat and skin, cooked, roasted	0.02
05141	Duck, domesticated, meat only, raw	0.02
05142	Duck, domesticated, meat only, cooked, roasted	0.02
05144	Duck, wild, meat and skin, raw	0.02
05145	Duck, wild, breast, meat only, raw	0.02
05157	Quail, meat and skin, raw	0.02
05158	Quail, meat only, raw	0.02
05160	Squab, (pigeon), meat and skin, raw	0.02
05161	Squab, (pigeon), meat only, raw	0.02
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	0.02
05303	Poultry, mechanically deboned, from mature hens, raw	0.02
05336	USDA Commodity Chicken, canned, meat only, drained	0.02
05646	Ostrich, inside strip, raw	0.02
05647	Ostrich, inside strip, cooked	0.02
05649	Ostrich, outside strip, raw	0.02
05650	Ostrich, outside strip, cooked	0.02
05656	Ostrich, tip trimmed, cooked	0.02
06032	Soup, beef broth bouillon and consomme, canned, condensed	0.02
07254	Turkey bacon, unprepared	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
09251	Peach nectar, canned, without added ascorbic acid	0.02
09407	Peach nectar, canned, with added ascorbic acid	0.02
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	0.02
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02
13328	Beef, variety meats and by-products, lungs, raw	0.02
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	0.02
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0.02
15121	Fish, tuna, light, canned in water, drained solids	0.02
15126	Fish, tuna, white, canned in water, drained solids	0.02
15186	Fish, tuna, white, canned in water, without salt, drained solids	0.02
15188	Fish, bass, striped, cooked, dry heat	0.02
15191	Fish, butterfish, cooked, dry heat	0.02
15193	Fish, cusk, cooked, dry heat	0.02
15194	Fish, mahimahi, cooked, dry heat	0.02
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	0.02
15205	Fish, pollock, Atlantic, cooked, dry heat	0.02
15206	Fish, pout, ocean, cooked, dry heat	0.02
15208	Fish, sablefish, cooked, dry heat	0.02
15210	Fish, salmon, chinook, cooked, dry heat	0.02
15211	Fish, salmon, chum, cooked, dry heat	0.02
15214	Fish, seatrout, mixed species, cooked, dry heat	0.02
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	0.02
15224	Fish, wolffish, Atlantic, cooked, dry heat	0.02
15225	Fish, yellowtail, mixed species, cooked, dry heat	0.02
15247	Fish, salmon, coho, wild, cooked, dry heat	0.02
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.02
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.02
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.02
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	0.02
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.02
17170	Game meat, horse, raw	0.02
17205	Lamb, variety meats and by-products, lungs, raw	0.02
17224	Lamb, ground, raw	0.02
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	0.02
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0.02
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	0.02
01106	Milk, goat, fluid, with added vitamin D	0.02
01108	Milk, indian buffalo, fluid	0.02
01109	Milk, sheep, fluid	0.02
01227	Cheese, dry white, queso seco	0.02
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	0.02
05019	Chicken, broilers or fryers, skin only, cooked, stewed	0.02
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	0.02
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	0.02
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	0.02
05039	Chicken, broilers or fryers, light meat, meat only, raw	0.02
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	0.02
05048	Chicken, broilers or fryers, back, meat and skin, raw	0.02
05057	Chicken, broilers or fryers, breast, meat and skin, raw	0.02
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	0.02
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	0.02
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	0.02
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	0.02
05105	Chicken, broilers or fryers, wing, meat only, raw	0.02
05112	Chicken, roasting, meat and skin, cooked, roasted	0.02
05113	Chicken, roasting, meat only, raw	0.02
05129	Chicken, stewing, light meat, meat only, raw	0.02
05151	Guinea hen, meat and skin, raw	0.02
05152	Guinea hen, meat only, raw	0.02
05159	Quail, breast, meat only, raw	0.02
05162	Squab, (pigeon), light meat without skin, raw	0.02
05191	Turkey, all classes, breast, meat and skin, raw	0.02
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	0.02
05644	Ostrich, inside leg, raw	0.02
05645	Ostrich, inside leg, cooked	0.02
05648	Ostrich, outside leg, raw	0.02
05653	Ostrich, round, raw	0.02
05654	Ostrich, tenderloin, raw	0.02
05655	Ostrich, tip trimmed, raw	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
05657	Ostrich, top loin, raw	0.02
05658	Ostrich, top loin, cooked	0.02
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	0.02
05673	Chicken, skin (drumsticks and thighs), cooked, braised	0.02
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	0.02
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	0.02
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	0.02
06443	Soup, cream of mushroom, canned, prepared with equal volume water	0.02
07008	Bologna, beef and pork	0.02
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	0.02
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	0.02
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0.02
09160	Lime juice, raw	0.02
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	0.02
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	0.02
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	0.02
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	0.02
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	0.02
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.02
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	0.02
13340	Beef, variety meats and by-products, tongue, cooked, simmered	0.02
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.02
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.02
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.02
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.02
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	0.02
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.02
14050	Alcoholic beverage, distilled, rum, 80 proof	0.02
14250	Beverages, AMBER, hard cider	0.02
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	0.02
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0.02
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0.02
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0.02
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0.02
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
15082	Fish, salmon, coho, wild, cooked, moist heat	0.02
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	0.02
15235	Fish, catfish, channel, farmed, cooked, dry heat	0.02
15274	Fish, trout, brook, raw, New York State	0.02
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.02
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	0.02
17207	Veal, variety meats and by-products, lungs, raw	0.02
17218	Veal, variety meats and by-products, thymus, raw	0.02
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	0.02
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.02
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.02
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	0.02
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	0.02
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	0.02
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.02
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.02
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.02
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.02
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.02
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.02
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.02
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	0.02
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	0.02
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.02
23507	USDA Commodity, beef, patties (100%), frozen, raw	0.02
36615	DENNY'S, top sirloin steak	0.02
01023	Cheese, gruyere	0.02
01186	Cheese, cream, fat free	0.02
04143	Salad dressing, italian dressing, commercial, regular, without salt	0.02
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	0.02
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	0.02
05080	Chicken, broilers or fryers, leg, meat only, raw	0.02
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	0.02
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	0.02
05114	Chicken, roasting, meat only, cooked, roasted	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
05117	Chicken, roasting, light meat, meat only, raw	0.02
05139	Duck, domesticated, meat and skin, raw	0.02
05153	Pheasant, raw, meat and skin	0.02
05170	Turkey, skin from whole (light and dark), roasted	0.02
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0.02
05195	Turkey, all classes, wing, meat and skin, raw	0.02
05284	Turkey, canned, meat only, with broth	0.02
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	0.02
05309	Chicken, cornish game hens, meat only, raw	0.02
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	0.02
05641	Ostrich, ground, raw	0.02
05642	Ostrich, ground, cooked, pan-broiled	0.02
05643	Ostrich, fan, raw	0.02
05651	Ostrich, oyster, raw	0.02
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	0.02
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	0.02
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	0.02
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	0.02
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	0.02
07063	Pork sausage, link/patty, unprepared	0.02
07935	Oven-roasted chicken breast roll	0.02
07945	Frankfurter, beef, heated	0.02
07962	Frankfurter, meat and poultry, unheated	0.02
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0.02
09295	Pummelo, raw	0.02
09523	Lemon juice from concentrate, bottled, CONCORD	0.02
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	0.02
10112	Pork, fresh, variety meats and by-products, lungs, raw	0.02
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	0.02
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	0.02
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	0.02
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	0.02
13345	Beef, cured, breakfast strips, cooked	0.02
13350	Beef, cured, dried	0.02
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.02
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.02
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.02
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.02
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.02
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.02
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.02
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.02
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	0.02
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	0.02
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	0.02
14234	Beverages, OCEAN SPRAY, Cran Lemonade	0.02
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0.02
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	0.02
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0.02
15077	Fish, salmon, chinook, smoked	0.02
15102	Fish, snapper, mixed species, cooked, dry heat	0.02
15129	Fish, turbot, european, raw	0.02
15172	Mollusks, scallop, mixed species, raw	0.02
15179	Fish, salmon, chinook, smoked, (lox), regular	0.02
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.02
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	0.02
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	0.02
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.02
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	0.02
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	0.02
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	0.02
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	0.02
01043	Cheese, pasteurized process, pimento	0.02
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	0.02
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	0.02
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	0.02
05075	Chicken, broilers or fryers, leg, meat and skin, raw	0.02
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	0.02
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	0.02
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	0.02
05154	Pheasant, raw, meat only	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
05188	Turkey, from whole, dark meat, cooked, roasted	0.02
05216	Turkey, back, from whole bird, meat only, roasted	0.02
05307	Chicken, cornish game hens, meat and skin, raw	0.02
05332	Chicken, ground, raw	0.02
05333	Chicken, ground, crumbles, cooked, pan-browned	0.02
05363	Ruffed Grouse, breast meat, skinless, raw	0.02
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	0.02
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0.02
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	0.02
05741	Turkey, thigh, from whole bird, meat only, roasted	0.02
07939	Frankfurter, pork	0.02
09153	Lemon juice from concentrate, canned or bottled	0.02
09524	Lemon juice from concentrate, bottled, REAL LEMON	0.02
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	0.02
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	0.02
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	0.02
10153	Pork, cured, ham, whole, separable lean only, roasted	0.02
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	0.02
10998	Canadian bacon, cooked, pan-fried	0.02
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.02
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	0.02
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.02
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	0.02
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	0.02
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.02
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.02
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.02
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.02
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	0.02
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.02
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	0.02
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.02
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.02
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.02
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.02
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.02
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.02
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.02
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.02
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.02
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.02
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.02
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.02
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.02
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.02
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.02
14287	Beverages, Lemonade, powder	0.02
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	0.02
15055	Fish, mullet, striped, raw	0.02
15076	Fish, salmon, Atlantic, wild, raw	0.02
15124	Fish, tuna, white, canned in oil, drained solids	0.02
15185	Fish, tuna, white, canned in oil, without salt, drained solids	0.02
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	0.02
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.02
17206	Lamb, variety meats and by-products, lungs, cooked, braised	0.02
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.02
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	0.02
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.02
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.02
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.02
19205	Egg custards, dry mix, prepared with 2% milk	0.02
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0.02
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	0.02
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.02
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	0.02
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.02
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.02
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.02
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	0.02
23503	USDA Commodity, beef, patties (100%), frozen, cooked	0.02
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.02
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.02
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0.02
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.02
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.02
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.02
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.02
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.02
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.02
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.02
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.02
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	0.02
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.02
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	0.02
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	0.02
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.02
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	0.02
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.02
01015	Cheese, cottage, lowfat, 2% milkfat	0.02
01056	Cream, sour, cultured	0.02
01113	Whey, acid, dried	0.02
04018	Salad dressing, mayonnaise type, regular, with salt	0.02
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	0.02
05118	Chicken, roasting, light meat, meat only, cooked, roasted	0.02
05155	Pheasant, breast, meat only, raw	0.02
05277	Chicken, canned, meat only, with broth	0.02
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	0.02
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	0.02
05304	Turkey, mechanically deboned, from turkey frames, raw	0.02
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	0.02
05310	Chicken, cornish game hens, meat only, cooked, roasted	0.02
05337	USDA Commodity, Chicken, canned, meat only, with water	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
05338	USDA Commodity, Chicken, canned, meat only, with broth	0.02
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	0.02
05707	Turkey, whole, meat and skin, with added solution, roasted	0.02
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	0.02
06119	Gravy, chicken, canned or bottled, ready-to-serve	0.02
06194	Soup, chicken broth, ready-to-serve	0.02
07043	Roast beef, deli style, prepackaged, sliced	0.02
07924	Bratwurst, pork, beef and turkey, lite, smoked	0.02
07928	Sausage, chicken, beef, pork, skinless, smoked	0.02
09123	Grapefruit juice, white, canned or bottled, unsweetened	0.02
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0.02
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	0.02
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	0.02
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	0.02
10130	Canadian bacon, unprepared	0.02
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	0.02
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	0.02
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	0.02
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	0.02
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	0.02
11944	Pickle relish, hot dog	0.02
11945	Pickle relish, sweet	0.02
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0.02
11958	Pickle relish, hamburger	0.02
13329	Beef, variety meats and by-products, lungs, cooked, braised	0.02
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.02
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.02
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	0.02
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	0.02
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.02
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	0.02
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	0.02
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.02
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.02
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.02
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.02
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.02
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.02
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.02
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.02
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.02
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.02
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0.02
14215	Beverages, coffee, instant, regular, prepared with water	0.02
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	0.02
14428	Beverages, shake, fast food, strawberry	0.02
15004	Fish, bass, striped, raw	0.02
15007	Fish, butterfish, raw	0.02
15015	Fish, cod, Atlantic, raw	0.02
15022	Fish, cusk, raw	0.02
15023	Fish, mahimahi, raw	0.02
15046	Fish, mackerel, Atlantic, raw	0.02
15050	Fish, mackerel, Pacific and jack, mixed species, raw	0.02
15059	Fish, pout, ocean, raw	0.02
15065	Fish, pollock, Atlantic, raw	0.02
15074	Fish, sablefish, raw	0.02
15078	Fish, salmon, chinook, raw	0.02
15079	Fish, salmon, chum, raw	0.02
15091	Fish, sea bass, mixed species, raw	0.02
15093	Fish, seatrout, mixed species, raw	0.02
15095	Fish, shark, mixed species, raw	0.02
15113	Fish, tilefish, cooked, dry heat	0.02
15117	Fish, tuna, fresh, bluefin, raw	0.02
15119	Fish, tuna, light, canned in oil, drained solids	0.02
15123	Fish, tuna, fresh, skipjack, raw	0.02
15134	Fish, wolffish, Atlantic, raw	0.02
15135	Fish, yellowtail, mixed species, raw	0.02
15154	Crustaceans, spiny lobster, mixed species, raw	0.02
15183	Fish, tuna, light, canned in oil, without salt, drained solids	0.02
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0.02
15196	Fish, halibut, greenland, cooked, dry heat	0.02

NDB_No	Description	Manganese, Mn(mg) Value Per
15234	Fish, catfish, channel, farmed, raw	0.02
15268	Fish, cod, Pacific, raw (not previously frozen)	0.02
17208	Veal, variety meats and by-products, lungs, cooked, braised	0.02
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	0.02
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	0.02
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	0.02
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.02
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.02
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.02
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.02
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.02
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	0.02
17341	Game meat, elk, round, separable lean only, cooked, broiled	0.02
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	0.02
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0.02
01020	Cheese, fontina	0.01
01044	Cheese, pasteurized process, swiss	0.01
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0.01
01111	Milk shakes, thick vanilla	0.01
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.01
01228	Cheese, fresh, queso fresco	0.01
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	0.01
05047	Chicken, broilers or fryers, separable fat, raw	0.01
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	0.01
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	0.01
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	0.01
05166	Turkey, whole, meat and skin, cooked, roasted	0.01
05168	Turkey, whole, meat only, cooked, roasted	0.01
05183	Turkey, dark meat, meat and skin, raw	0.01
05187	Turkey from whole, dark meat, meat only, raw	0.01
05215	Turkey, back from whole bird, meat only, raw	0.01
05674	Chicken, skin (drumsticks and thighs), raw	0.01
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	0.01
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	0.01
05705	Turkey, whole, meat only, with added solution, roasted	0.01
05740	Turkey, thigh, from whole bird, meat only, raw	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
07013	Bratwurst, pork, cooked	0.01
09206	Orange juice, raw	0.01
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	0.01
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	0.01
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	0.01
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	0.01
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	0.01
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	0.01
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	0.01
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	0.01
13023	Beef, brisket, whole, separable lean only, all grades, raw	0.01
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	0.01
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	0.01
13149	Beef, rib, shortribs, separable lean only, choice, raw	0.01
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	0.01
13348	Beef, cured, corned beef, canned	0.01
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	0.01
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	0.01
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	0.01
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.01
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.01
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.01
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	0.01
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.01
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.01
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.01
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.01
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.01
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.01
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.01
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.01
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.01
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.01
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.01
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.01
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	0.01
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.01
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.01
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.01
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.01
14019	Alcoholic beverage, tequila sunrise, canned	0.01
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0.01
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.01
14542	Lemonade, frozen concentrate, pink	0.01
15028	Fish, flatfish (flounder and sole species), raw	0.01
15031	Fish, grouper, mixed species, raw	0.01
15051	Fish, mackerel, spanish, raw	0.01
15081	Fish, salmon, coho, wild, raw	0.01
17107	Veal, loin, separable lean only, raw	0.01
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	0.01
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	0.01
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.01
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	0.01
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.01
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.01
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	0.01
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.01
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	0.01
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	0.01
17343	Game meat, deer, ground, raw	0.01
18370	Leavening agents, baking powder, double-acting, straight phosphate	0.01
19375	Frostings, glaze, prepared-from-recipe	0.01
19919	Candies, fruit snacks, with high vitamin C	0.01
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.01
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	0.01
23094	Beef, chuck for stew, separable lean and fat, select, raw	0.01
23095	Beef, chuck for stew, separable lean and fat, choice, raw	0.01
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	0.01
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.01
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.01
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.01
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	0.01
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	0.01
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.01
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.01
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.01
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	0.01
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.01
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.01
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	0.01
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.01
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	0.01
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	0.01
36000	APPLEBEE'S, 9 oz house sirloin steak	0.01
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.01
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.01
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.01
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.01
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	0.01
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	0.01
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	0.01
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	0.01
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	0.01
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	0.01
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	0.01
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	0.01
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	0.01
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.01
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	0.01
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	0.01
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	0.01
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	0.01
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	0.01
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.01
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	0.01
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	0.01
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	0.01
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	0.01
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	0.01
01041	Cheese, tilsit	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
01105	Milk, chocolate beverage, hot cocoa, homemade	0.01
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0.01
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	0.01
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	0.01
05285	Turkey, diced, light and dark meat, seasoned	0.01
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	0.01
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	0.01
07031	Ham salad spread	0.01
07052	Pastrami, turkey	0.01
07925	Pastrami, beef, 98% fat-free	0.01
07979	Sausage, pork, turkey, and beef, reduced sodium	0.01
09116	Grapefruit, raw, white, all areas	0.01
09229	Papaya nectar, canned	0.01
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	0.01
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	0.01
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	0.01
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	0.01
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	0.01
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	0.01
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	0.01
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	0.01
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	0.01
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	0.01
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0.01
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	0.01
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	0.01
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	0.01
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	0.01
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	0.01
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	0.01
13001	Beef, carcass, separable lean and fat, choice, raw	0.01
13002	Beef, carcass, separable lean and fat, select, raw	0.01
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	0.01
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.01
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	0.01
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.01
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.01
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.01
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.01
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.01
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.01
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.01
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.01
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.01
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.01
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.01
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
14130	Carbonated beverage, cream soda	0.01
14136	Beverages, carbonated, ginger ale	0.01
14142	Beverages, carbonated, grape soda	0.01
14150	Beverages, carbonated, orange	0.01
14157	Beverages, carbonated, root beer	0.01
14292	Lemonade, frozen concentrate, white	0.01
14305	Malt beverage, includes non-alcoholic beer	0.01
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0.01
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0.01
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	0.01
15034	Fish, haddock, cooked, dry heat	0.01
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	0.01
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0.01
15068	Fish, pompano, florida, raw	0.01
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	0.01
15086	Fish, salmon, sockeye, cooked, dry heat	0.01
15097	Fish, sheepshead, raw	0.01
15101	Fish, snapper, mixed species, raw	0.01
15111	Fish, swordfish, cooked, dry heat	0.01
15207	Fish, roe, mixed species, cooked, dry heat	0.01
15212	Fish, salmon, pink, cooked, dry heat	0.01
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	0.01
15241	Fish, trout, rainbow, farmed, cooked, dry heat	0.01
17104	Veal, loin, separable lean and fat, raw	0.01
17167	Game meat, elk, cooked, roasted	0.01
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	0.01
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	0.01
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	0.01
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	0.01
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.01
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.01
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	0.01
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.01
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	0.01
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	0.01
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	0.01
17344	Game meat, deer, ground, cooked, pan-broiled	0.01
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	0.01
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	0.01
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	0.01
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	0.01
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	0.01
19228	Frostings, cream cheese-flavor, ready-to-eat	0.01
19320	Puddings, banana, dry mix, regular	0.01
19706	Puddings, banana, dry mix, regular, with added oil	0.01
19710	Puddings, vanilla, dry mix, regular, with added oil	0.01
01005	Cheese, brick	0.01
01010	Cheese, cheshire	0.01
01011	Cheese, colby	0.01
05165	Turkey, whole, meat and skin, raw	0.01
05167	Turkey, whole, meat only, raw	0.01
05169	Turkey, skin from whole, (light and dark), raw	0.01
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	0.01
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	0.01
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0.01
07018	Chicken spread	0.01
07081	Turkey breast, sliced, prepackaged	0.01
09111	Grapefruit, raw, pink and red and white, all areas	0.01
09152	Lemon juice, raw	0.01
09328	Maraschino cherries, canned, drained	0.01
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	0.01
10024	Pork, fresh, loin, whole, separable lean only, raw	0.01
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	0.01
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	0.01
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	0.01
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	0.01
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	0.01
10072	Pork, fresh, shoulder, whole, separable lean only, raw	0.01
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	0.01
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	0.01
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	0.01
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	0.01
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	0.01
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	0.01
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	0.01
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	0.01
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	0.01
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	0.01
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	0.01
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	0.01
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	0.01
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	0.01
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	0.01
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	0.01
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	0.01
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	0.01
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	0.01
13330	Beef, variety meats and by-products, mechanically separated beef, raw	0.01
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.01
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.01
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	0.01
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.01
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.01
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.01
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.01
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.01
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	0.01
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	0.01
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	0.01
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	0.01
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	0.01
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.01
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	0.01
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	0.01
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0.01
14179	Beverages, coffee, ready to drink, milk based, sweetened	0.01
14219	Beverages, coffee, instant, decaffeinated, prepared with water	0.01
14223	Beverages, coffee, instant, chicory	0.01
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	0.01
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0.01
15032	Fish, grouper, mixed species, cooked, dry heat	0.01
15038	Fish, halibut, Greenland, raw	0.01
15052	Fish, mackerel, spanish, cooked, dry heat	0.01
15238	Fish, salmon, coho, farmed, raw	0.01
15269	Fish, cod, Pacific, cooked (not previously frozen)	0.01
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	0.01
17128	Veal, shoulder, blade chop, separable lean and fat, raw	0.01
17131	Veal, shoulder, blade chop, separable lean only, raw	0.01
17166	Game meat, elk, raw	0.01
17209	Lamb, variety meats and by-products, mechanically separated, raw	0.01
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	0.01
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	0.01
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.01
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	0.01
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	0.01
17340	Game meat, elk, loin, separable lean only, cooked, broiled	0.01
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	0.01
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	0.01
17427	Veal, loin, chop, separable lean only, cooked, grilled	0.01
19244	Frostings, vanilla, creamy, dry mix	0.01
19293	Frozen yogurts, vanilla, soft-serve	0.01
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.01
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.01
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.01
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.01
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01
23220	Beef, ground, unspecified fat content, cooked	0.01
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	0.01
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	0.01
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	0.01
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	0.01
23438	Beef, New Zealand, imported, sweetbread, raw	0.01
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	0.01
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	0.01
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	0.01
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	0.01
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	0.01
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	0.01
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	0.01
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	0.01
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	0.01
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	0.01
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	0.01
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	0.01
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	0.01
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	0.01
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.01
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.01
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.01
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.01
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.01
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.01
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.01
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	0.01
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	0.01
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	0.01
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	0.01
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	0.01
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
27061	Gravy, HEINZ Home Style, classic chicken	0.01
21343	McDONALD'S, Low Fat Caramel Sauce	0.01
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	0.01
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.01
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	0.01
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	0.01
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	0.01
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	0.01
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	0.01
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	0.01
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	0.01
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	0.01
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	0.01
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.01
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.01
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.01
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.01
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.01
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.01
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.01
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.01
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.01
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.01
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.01
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.01
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.01
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.01
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	0.01
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.01
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.01
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.01
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.01
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	0.01
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	0.01
27000	Soup, egg drop, Chinese restaurant	0.01
43274	Cheese, cream, low fat	0.01
43401	Beverages, coffee, instant, with whitener, reduced calorie	0.01
01017	Cheese, cream	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
01018	Cheese, edam	0.01
01022	Cheese, gouda	0.01
01025	Cheese, monterey	0.01
01031	Cheese, neufchatel	0.01
01034	Cheese, port de salut	0.01
01069	Cream substitute, powdered	0.01
01124	Egg, white, raw, fresh	0.01
01169	Cheese, low-sodium, cheddar or colby	0.01
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	0.01
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0.01
05100	Chicken, broilers or fryers, wing, meat and skin, raw	0.01
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	0.01
05181	Turkey from whole, light meat, meat and skin, raw	0.01
05185	Turkey from whole, light meat, raw	0.01
05186	Turkey, all classes, light meat, cooked, roasted	0.01
05219	Turkey, breast, from whole bird, meat only, raw	0.01
05220	Turkey, breast, from whole bird, meat only, roasted	0.01
05227	Turkey, wing, from whole bird, meat only, raw	0.01
05228	Turkey, wing, from whole bird, meat only, roasted	0.01
05306	Ground turkey, cooked	0.01
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0.01
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	0.01
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	0.01
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	0.01
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0.01
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	0.01
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	0.01
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	0.01
05738	Turkey, drumstick, from whole bird, meat only, raw	0.01
05739	Turkey, drumstick, from whole bird, meat only, roasted	0.01
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	0.01
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	0.01
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0.01
07028	Ham, sliced, packaged (96% fat free, water added)	0.01
07074	Smoked link sausage, pork	0.01
07974	Bacon, turkey, low sodium	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
09118	Grapefruit, raw, white, Florida	0.01
10001	Pork, fresh, carcass, separable lean and fat, raw	0.01
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	0.01
10020	Pork, fresh, loin, whole, separable lean and fat, raw	0.01
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	0.01
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	0.01
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	0.01
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	0.01
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	0.01
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	0.01
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	0.01
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	0.01
10121	Pork, fresh, variety meats and by-products, tongue, raw	0.01
10123	Pork, cured, bacon, unprepared	0.01
10174	Pork, fresh, variety meats and by-products, tail, raw	0.01
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	0.01
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	0.01
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	0.01
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	0.01
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	0.01
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	0.01
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	0.01
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	0.01
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	0.01
10220	Pork, fresh, ground, cooked	0.01
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	0.01
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0.01
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	0.01
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	0.01
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	0.01
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	0.01
11941	Pickles, cucumber, sour	0.01
11946	Pickles, cucumber, sour, low sodium	0.01
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.01
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	0.01
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.01
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.01
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.01
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.01
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.01
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.01
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.01
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	0.01
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	0.01
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.01
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	0.01
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.01
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.01
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.01
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.01
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.01
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.01
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	0.01
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	0.01
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	0.01
14296	Beverages, lemonade-flavor drink, powder	0.01
14323	Beverages, orange drink, canned, with added vitamin C	0.01
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0.01
15033	Fish, haddock, raw	0.01
15036	Fish, halibut, Atlantic and Pacific, raw	0.01
15057	Fish, ocean perch, Atlantic, raw	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0.01
15070	Fish, rockfish, Pacific, mixed species, raw	0.01
15083	Fish, salmon, pink, raw	0.01
15085	Fish, salmon, sockeye, raw	0.01
15109	Fish, surimi	0.01
15110	Fish, swordfish, raw	0.01
15127	Fish, tuna, fresh, yellowfin, raw	0.01
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.01
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	0.01
15174	Mollusks, scallop, mixed species, imitation, made from surimi	0.01
15184	Fish, tuna, light, canned in water, without salt, drained solids	0.01
15236	Fish, salmon, Atlantic, farmed, raw	0.01
15240	Fish, trout, rainbow, farmed, raw	0.01
15264	Salmon, sockeye, canned, drained solids, without skin and bones	0.01
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0.01
15266	Fish, pollock, Alaska, raw (not previously frozen)	0.01
15267	Fish, pollock, Alaska, cooked (not previously frozen)	0.01
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	0.01
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.01
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	0.01
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	0.01
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	0.01
17339	Game meat, elk, ground, cooked, pan-broiled	0.01
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	0.01
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	0.01
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	0.01
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	0.01
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	0.01
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	0.01
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0.01
19074	Candies, caramels	0.01
19097	Sherbet, orange	0.01
19172	Gelatin desserts, dry mix	0.01
19201	Puddings, vanilla, ready-to-eat	0.01
19218	Puddings, tapioca, ready-to-eat	0.01
19234	Puddings, tapioca, ready-to-eat, fat free	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
01028	Cheese, mozzarella, part skim milk	0.01
01035	Cheese, provolone	0.01
01037	Cheese, ricotta, part skim milk	0.01
01045	Cheese food, cold pack, American	0.01
01047	Cheese food, pasteurized process, swiss	0.01
01208	Cheese, provolone, reduced fat	0.01
03246	Babyfood, dessert, custard pudding, vanilla, junior	0.01
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	0.01
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	0.01
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	0.01
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	0.01
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	0.01
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	0.01
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0.01
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	0.01
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	0.01
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	0.01
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	0.01
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	0.01
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0.01
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0.01
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0.01
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	0.01
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0.01
06008	Soup, beef broth or bouillon canned, ready-to-serve	0.01
06481	Soup, chicken broth cubes, dry, prepared with water	0.01
06930	Sauce, cheese, ready-to-serve	0.01
07005	Blood sausage	0.01
09114	Grapefruit, raw, pink and red, Florida	0.01
09228	Papaya, canned, heavy syrup, drained	0.01
09434	Guanabana nectar, canned	0.01
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	0.01
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	0.01
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	0.01
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	0.01
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	0.01
10088	Pork, fresh, spareribs, separable lean and fat, raw	0.01
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	0.01
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	0.01
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	0.01
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	0.01
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	0.01
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	0.01
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	0.01
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	0.01
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	0.01
10219	Pork, fresh, ground, raw	0.01
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	0.01
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	0.01
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	0.01
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	0.01
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	0.01
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0.01
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	0.01
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	0.01
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	0.01
10972	Pork, ground, 84% lean / 16% fat, raw	0.01
10973	Pork, ground, 96% lean / 4% fat, raw	0.01
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	0.01
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	0.01
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	0.01
13047	Beef, grass-fed, ground, raw	0.01
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.01
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.01
13344	Beef, cured, breakfast strips, raw or unheated	0.01
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.01
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.01
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.01
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.01
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.01
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.01
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.01
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.01
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.01
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.01
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.01
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.01
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	0.01
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.01
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.01
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.01
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.01
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.01
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.01
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.01
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.01
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.01
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.01
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.01
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.01
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	0.01
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.01
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.01
14638	Beverages, Horchata, as served in restaurant	0.01
15072	Fish, roe, mixed species, raw	0.01
15112	Fish, tilefish, raw	0.01
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	0.01
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	0.01
17092	Veal, composite of trimmed retail cuts, separable fat, raw	0.01
17270	Veal, breast, separable fat, cooked	0.01
17271	Veal, breast, whole, boneless, separable lean and fat, raw	0.01
17285	Lamb, Australian, imported, fresh, separable fat, cooked	0.01
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	0.01
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	0.01
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	0.01
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	0.01
17331	Game meat, bison, ground, cooked, pan-broiled	0.01
17375	Lamb, New Zealand, imported, sweetbread, raw	0.01
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	0.01
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	0.01
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	0.01
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	0.01
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	0.01
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	0.01
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	0.01
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	0.01
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	0.01
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	0.01
17428	Veal, shank, separable lean only, raw	0.01
17435	Veal, shank, separable lean and fat, raw	0.01
19094	Desserts, flan, caramel custard, prepared-from-recipe	0.01
19106	Candies, gumdrops, starch jelly pieces	0.01
19107	Candies, hard	0.01
19168	Desserts, egg custard, baked, prepared-from-recipe	0.01
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	0.01
19318	Puddings, banana, dry mix, instant	0.01
19705	Puddings, banana, dry mix, instant, with added oil	0.01
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	0.01
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	0.01
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	0.01
23472	Beef, ground, 93% lean meat / 7% fat, raw	0.01
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	0.01
23477	Beef, ground, 97% lean meat / 3% fat, raw	0.01
23557	Beef, ground, 95% lean meat / 5% fat, raw	0.01
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	0.01
23562	Beef, ground, 90% lean meat / 10% fat, raw	0.01
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	0.01
23567	Beef, ground, 85% lean meat / 15% fat, raw	0.01
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	0.01
23572	Beef, ground, 80% lean meat / 20% fat, raw	0.01
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	0.01
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.01
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	0.01
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.01
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.01
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.01
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.01
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.01
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.01
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	0.01
21335	McDONALD'S, Hot Caramel Sundae	0.01
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.01
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.01
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.01
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.01
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	0.01
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	0.01
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	0.01
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	0.01
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	0.01
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	0.01
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	0.01
23577	Beef, ground, 75% lean meat / 25% fat, raw	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	0.01
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.01
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	0.01
01004	Cheese, blue	0.01
01027	Cheese, mozzarella, whole milk, low moisture	0.01
01115	Whey, sweet, dried	0.01
01256	Yogurt, Greek, plain, nonfat	0.01
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0.01
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	0.01
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	0.01
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	0.01
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0.01
05668	Ground turkey, 85% lean, 15% fat, raw	0.01
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	0.01
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0.01
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	0.01
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	0.01
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0.01
07067	Poultry salad sandwich spread	0.01
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	0.01
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	0.01
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	0.01
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	0.01
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	0.01
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	0.01
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	0.01
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	0.01
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	0.01
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	0.01
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	0.01
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	0.01
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	0.01
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	0.01
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	0.01
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0.01
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	0.01
13000	Beef, grass-fed, strip steaks, lean only, raw	0.01
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.01
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.01
13357	Beef, cured, sausage, cooked, smoked	0.01
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	0.01
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.01
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.01
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.01
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.01
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.01
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.01
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.01
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.01
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.01
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.01
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.01
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	0.01
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	0.01
13498	Beef, ground, 70% lean meat / 30% fat, raw	0.01
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.01
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.01
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.01
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.01
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.01
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.01
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.01
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.01
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.01
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.01
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.01
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.01
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.01
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.01
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.01
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.01
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.01
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.01
14004	Alcoholic beverage, beer, regular, BUDWEISER	0.01
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0.01
14327	Beverages, orange and apricot juice drink, canned	0.01
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	0.01
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	0.01
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	0.01
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	0.01
17173	Game meat, moose, cooked, roasted	0.01
17276	Veal, shank (fore and hind), separable lean and fat, raw	0.01
17278	Veal, shank (fore and hind), separable lean only, raw	0.01
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	0.01
17330	Game meat , bison, ground, raw	0.01
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	0.01
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	0.01
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	0.01
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	0.01
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	0.01
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	0.01
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	0.01
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	0.01
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	0.01
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	0.01
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	0.01
17424	Veal, ground, cooked, pan-fried	0.01
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	0.01
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	0.01
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	0.01
19199	Puddings, tapioca, dry mix, prepared with whole milk	0.01
19222	Desserts, rennin, vanilla, dry mix	0.01
19265	Ice creams, chocolate, light, no sugar added	0.01
19330	Puddings, lemon, dry mix, instant	0.01
01030	Cheese, muenster	0.01
01093	Milk, dry, nonfat, calcium reduced	0.01
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	0.01
01286	Yogurt, Greek, vanilla, nonfat	0.01
05305	Ground turkey, raw	0.01
05665	Ground turkey, 93% lean, 7% fat, raw	0.01
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0.01
05698	Turkey, skin from whole (light and dark), with added solution, raw	0.01
05704	Turkey, whole, meat only, with added solution, raw	0.01
05706	Turkey, whole, meat and skin, with added solution, raw	0.01
09159	Limes, raw	0.01
09161	Lime juice, canned or bottled, unsweetened	0.01
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	0.01
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	0.01
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	0.01
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	0.01
10192	Pork, fresh, backribs, separable lean and fat, raw	0.01
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	0.01
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	0.01
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.01
14003	Alcoholic beverage, beer, regular, all	0.01
14052	Alcoholic beverage, distilled, whiskey, 86 proof	0.01
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	0.01
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	0.01
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	0.01
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	0.01
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	0.01
17142	Veal, ground, raw	0.01
17157	Game meat, bison, separable lean only, cooked, roasted	0.01
17172	Game meat, moose, raw	0.01
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	0.01
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	0.01
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	0.01
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	0.01
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	0.01
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	0.01
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	0.01
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	0.01
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.01
19087	Candies, white chocolate	0.01
19095	Ice creams, vanilla	0.01
19096	Ice creams, vanilla, light, soft-serve	0.01
19116	Candies, marshmallows	0.01
19206	Puddings, vanilla, dry mix, regular	0.01
19365	Toppings, marshmallow cream	0.01
19898	Ice creams, regular, low carbohydrate, vanilla	0.01
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.01
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.01
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.01
23413	Beef, New Zealand, imported, flat, separable lean only, raw	0.01
23418	Beef, New Zealand, imported, inside, raw	0.01
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	0.01
23427	Beef, New Zealand, imported, manufacturing beef, raw	0.01
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	0.01
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	0.01
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	0.01
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	0.01
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	0.01
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0.01
43346	Frozen novelties, juice type, orange	0.01
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.01
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.01
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	0.01
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	0.01
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	0.01
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	0.01
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	0.01
42270	Beverages, Orange juice drink	0.01
01172	Egg, white, raw, frozen, pasteurized	0.01
01173	Egg, white, dried	0.01
01287	Yogurt, Greek, plain, lowfat	0.01
04025	Salad dressing, mayonnaise, regular	0.01
04641	Salad dressing, mayonnaise, light	0.01
04708	Mayonnaise, reduced fat, with olive oil	0.01
05696	Turkey from whole, light meat, meat only, with added solution, raw	0.01
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0.01
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0.01
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	0.01
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0.01
05734	Turkey, retail parts, wing, meat and skin, raw	0.01
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	0.01
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	0.01
07914	Sausage, Italian, sweet, links	0.01
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.01
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.01
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0.01
10000	Pork, fresh, composite of separable fat, with added solution, cooked	0.01
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	0.01
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	0.01
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	0.01
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	0.01
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	0.01
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	0.01
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	0.01
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	0.01
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	0.01
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	0.01
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	0.01
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	0.01
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	0.01
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	0.01
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0.01
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0.01
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	0.01
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0.01
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	0.01
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	0.01
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	0.01
17156	Game meat, bison, separable lean only, raw	0.01
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	0.01
17371	Lamb, New Zealand, imported, ground lamb, raw	0.01
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	0.01
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	0.01
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	0.01
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	0.01
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	0.01
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.01
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.01
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.01
19170	Egg custards, dry mix, prepared with whole milk	0.01
19187	Flan, caramel custard, dry mix	0.01
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	0.01
19209	Puddings, tapioca, dry mix, prepared with 2% milk	0.01
19246	Frostings, white, fluffy, dry mix	0.01
01036	Cheese, ricotta, whole milk	0.01
01053	Cream, fluid, heavy whipping	0.01
01095	Milk, canned, condensed, sweetened	0.01
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0.01
01153	Milk, canned, evaporated, with added vitamin A	0.01
01168	Cheese, low fat, cheddar or colby	0.01
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	0.01
01226	Egg substitute, liquid or frozen, fat free	0.01
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0.01
03055	Babyfood, dinner, beef with vegetables	0.01
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	0.01
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	0.01
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	0.01
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	0.01
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	0.01
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	0.01
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	0.01
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	0.01
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0.01
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	0.01
05662	Ground turkey, fat free, raw	0.01
05663	Ground turkey, fat free, pan-broiled crumbles	0.01
05664	Ground turkey, fat free, patties, broiled	0.01
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0.01
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	0.01
05710	Turkey, retail parts, breast, meat only, raw	0.01
05716	Turkey, retail parts, drumstick, meat only, raw	0.01
05717	Turkey, retail parts, thigh, meat only, raw	0.01
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	0.01
05732	Turkey, retail parts, breast, meat and skin, raw	0.01
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	0.01
05736	Turkey, retail parts, drumstick, meat and skin, raw	0.01
05742	Turkey, retail parts, thigh, meat and skin, raw	0.01
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	0.01
06475	Soup, beef broth or bouillon, powder, prepared with water	0.01
06476	Soup, beef broth, cubed, prepared with water	0.01
06700	Soup, vegetable broth, ready to serve	0.01
10005	Pork, fresh, belly, raw	0.01
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	0.01

NDB_No	Description	Manganese, Mn(mg) Value Per
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	0.01
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	0.01
10864	Pork, bacon, rendered fat, cooked	0.01
10942	Pork, fresh, composite of separable fat, with added solution, raw	0.01
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.01
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.01
14006	Alcoholic beverage, beer, light	0.01
14007	Alcoholic beverage, beer, light, BUD LIGHT	0.01
14027	Alcoholic beverage, whiskey sour, canned	0.01
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	0.01
14239	Alcoholic beverage, malt beer, hard lemonade	0.01
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.01
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0.01
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	0.01
14531	Alcoholic beverage, whiskey sour	0.01
15200	Fish, mackerel, king, cooked, dry heat	0.01
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	0.01
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.01
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	0.01
17449	Lamb, Australian, imported, fresh, external fat, cooked	0.01
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.01
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.01
19260	Ice creams, vanilla, light, no sugar added	0.01
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0.01
23411	Beef, New Zealand, imported, flank, separable lean only, raw	0.01
23431	Beef, New Zealand, imported, ribs prepared, raw	0.01
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	0.01
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	0.01
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.00
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.00
23419	Beef, New Zealand, imported, intermuscular fat, cooked	0.00
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	0.00
01049	Cream, fluid, half and half	0.00
01050	Cream, fluid, light (coffee cream or table cream)	0.00

NDB_No	Description	Manganese, Mn(mg) Value Per
01057	Eggnog	0.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0.00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.00
01236	Ice cream, soft serve, chocolate	0.00
05286	Turkey and gravy, frozen	0.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	0.00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	0.00
05711	Turkey, retail parts, breast, meat only, cooked, roasted	0.00
05712	Turkey, retail parts, wing, meat only, raw	0.00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	0.00
06611	Soup, SWANSON, beef broth, lower sodium	0.00
06615	Soup, SWANSON, vegetable broth	0.00
10105	Pork, fresh, variety meats and by-products, jowl, raw	0.00
10165	Pork, cured, salt pork, raw	0.00
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	0.00
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00
14009	Alcoholic beverage, daiquiri, canned	0.00
14013	Alcoholic beverage, beer, light, low carb	0.00
14154	Beverages, Energy drink, RED BULL	0.00
14252	Beverages, Malt liquor beverage	0.00
14293	Lemonade, frozen concentrate, white, prepared with water	0.00
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0.00
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0.00
15049	Fish, mackerel, king, raw	0.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	0.00
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	0.00
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.00
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.00
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.00
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.00
19088	Ice creams, vanilla, light	0.00
19090	Ice creams, french vanilla, soft-serve	0.00
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	0.00
19247	Frostings, white, fluffy, dry mix, prepared with water	0.00

NDB_No	Description	Manganese, Mn(mg) Value Per
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0.00
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0.00
19912	Sweetener, syrup, agave	0.00
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0.00
01078	Milk, producer, fluid, 3.7% milkfat	0.00
01089	Milk, low sodium, fluid	0.00
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0.00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0.00
01145	Butter, without salt	0.00
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0.00
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	0.00
01230	Milk, buttermilk, fluid, whole	0.00
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	0.00
01295	Yogurt, vanilla, non-fat	0.00
03681	Babyfood, cereal, barley, prepared with whole milk	0.00
03685	Babyfood, cereal, mixed, prepared with whole milk	0.00
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0.00
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0.00
03694	Babyfood, cereal, rice, prepared with whole milk	0.00
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0.00
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	0.00
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	0.00
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	0.00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	0.00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	0.00
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.00
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00
14165	Beverages, carbonated, limeade, high caffeine	0.00
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	0.00
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	0.00

NDB_No	Description	Manganese, Mn(mg) Value Per
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	0.00
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	0.00
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.00
19089	Ice creams, vanilla, rich	0.00
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	0.00
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	0.00
19233	Puddings, vanilla, ready-to-eat, fat free	0.00
19335	Sugars, granulated	0.00
19336	Sugars, powdered	0.00
19907	Sweeteners, for baking, contains sugar and sucralose	0.00
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.00
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	0.00
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	0.00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	0.00
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	0.00
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	0.00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	0.00
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	0.00
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	0.00
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	0.00
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	0.00

NDB_No	Description	Manganese, Mn(mg) Value Per
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	0.00
42230	Salad Dressing, coleslaw dressing, reduced fat	0.00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.00
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.00
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.00
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.00
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	0.00
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	0.00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	0.00
01013	Cheese, cottage, creamed, with fruit	0.00
01016	Cheese, cottage, lowfat, 1% milkfat	0.00
01055	Cream, sour, reduced fat, cultured	0.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0.00
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0.00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0.00
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	0.00
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	0.00
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	0.00
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	0.00
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0.00
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0.00
05714	Turkey, skin, from retail parts, from dark meat, raw	0.00
06480	Soup, chicken broth or bouillon, dry, prepared with water	0.00
10007	Pork, fresh, separable fat, cooked	0.00
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	0.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	0.00

NDB_No	Description	Manganese, Mn(mg) Value Per
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	0.00
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0.00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.00
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	0.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.00
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	0.00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.00
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	0.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.00
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.00
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.00
14148	Beverages, carbonated, cola, regular	0.00
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0.00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	0.00
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	0.00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	0.00
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	0.00
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.00
19079	Candies, confectioner's coating, yogurt	0.00
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	0.00
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	0.00
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	0.00
19384	Candies, divinity, prepared-from-recipe	0.00
01012	Cheese, cottage, creamed, large or small curd	0.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	0.00
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	0.00
01060	Milk, filled, fluid, with lauric acid oil	0.00
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	0.00
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0.00
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	0.00
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0.00
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	0.00
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0.00
01088	Milk, buttermilk, fluid, cultured, lowfat	0.00

NDB_No	Description	Manganese, Mn(mg) Value Per
01112	Whey, acid, fluid	0.00
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	0.00
01199	Cream, half and half, fat free	0.00
01225	Dulce de Leche	0.00
10004	Pork, fresh, backfat, raw	0.00
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.00
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.00
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	0.00
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	0.00
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0.00
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	0.00
14400	Beverages, carbonated, cola, fast-food cola	0.00
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	0.00
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	0.00
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	0.00
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	0.00
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	0.00
19030	Syrup, fruit flavored	0.00
19085	Candies, confectioner's coating, butterscotch	0.00
19103	Candies, fudge, vanilla, prepared-from-recipe	0.00
19173	Gelatin desserts, dry mix, prepared with water	0.00
19383	Candies, toffee, prepared-from-recipe	0.00
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.00
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00

NDB_No	Description	Manganese, Mn(mg) Value Per
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0.00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0.00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	0.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.00
23420	Beef, New Zealand, imported, intermuscular fat, raw	0.00
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	0.00
23436	Beef, New Zealand, imported, subcutaneous fat, raw	0.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.00
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	0.00
01002	Butter, whipped, with salt	0.00
01052	Cream, fluid, light whipping	0.00
01054	Cream, whipped, cream topping, pressurized	0.00
01114	Whey, sweet, fluid	0.00

NDB_No	Description	Manganese, Mn(mg) Value Per
02052	Vanilla extract, imitation, no alcohol	0.00
04028	Salad dressing, mayonnaise, imitation, milk cream	0.00
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0.00
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	0.00
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	0.00
13335	Beef, variety meats and by-products, suet, raw	0.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.00
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.00
14121	Beverages, carbonated, club soda	0.00
14155	Beverages, carbonated, tonic water	0.00
14288	Lemonade, powder, prepared with water	0.00
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0.00
14303	Limeade, frozen concentrate, prepared with water	0.00
19070	Candies, butterscotch	0.00
19524	Snacks, taro chips	0.00
01001	Butter, salted	0.00
01003	Butter oil, anhydrous	0.00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0.00
01258	Egg, white, dried, stabilized, glucose reduced	0.00
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0.00
03934	Babyfood, corn and sweet potatoes, strained	0.00
04002	Lard	0.00
04044	Oil, soybean, salad or cooking	0.00
04047	Oil, coconut	0.00
04053	Oil, olive, salad or cooking	0.00
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0.00
04144	Salad dressing, italian dressing, reduced fat, without salt	0.00
04501	Oil, cocoa butter	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.00
04513	Vegetable oil, palm kernel	0.00
04531	Oil, soybean lecithin	0.00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0.00
04559	Shortening household soybean (hydrogenated) and palm	0.00
04581	Oil, avocado	0.00
04582	Oil, canola	0.00

NDB_No	Description	Manganese, Mn(mg) Value Per
04583	Oil, mustard	0.00
04584	Oil, sunflower, high oleic (70% and over)	0.00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	0.00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	0.00
04588	Oil, oat	0.00
04589	Fish oil, cod liver	0.00
04590	Fish oil, herring	0.00
04591	Fish oil, menhaden	0.00
04592	Fish oil, menhaden, fully hydrogenated	0.00
04593	Fish oil, salmon	0.00
04594	Fish oil, sardine	0.00
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	0.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	0.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0.00
04615	Shortening, vegetable, household, composite	0.00
04630	Margarine Spread, approximately 48% fat, tub	0.00